

# Coast to Coast Skills Course

## INFORMATION PACK



*Canterbury Kayaking*

+64 27 3163879

[CanterburyKayaking.co.nz](http://CanterburyKayaking.co.nz)

[info@canterburykayaking.co.nz](mailto:info@canterburykayaking.co.nz)

# Equipment

Please support our small kayak school by purchasing the equipment you need through us. We really appreciate your business and look forward to supplying you with quality gear, honest advice, and personalised service. Contact us today to arrange a gear-fitting in Christchurch with your coach, or pre-order products through our website before your course begins. We will also have some products available for purchase on the first day of your course.

## Required Kayak Equipment

(Hire Available if Booked in Advance)

<u>Item:</u>	<u>Hire Fee (per-day)</u>	<u>Example (recommended) Product:</u>
<input type="checkbox"/> Stable Multisport or Sea Kayak	\$50	<a href="#">Barracuda Beachcomber / Flow Aspire</a>
<input type="checkbox"/> 2 Airbags (not required for sea kayaks)	\$5	<a href="#">Palm Multisport Kayak Airbag 45L</a>
<input type="checkbox"/> Wing Paddle	\$25	<a href="#">Gara Odin-XS or Odin-S</a>
<input type="checkbox"/> Spray Skirt with Neoprene Waist	\$5	<a href="#">Rasdex Multisport Spray Skirt with Pocket</a>
<input type="checkbox"/> PFD + Whistle	\$5	<a href="#">Rasdex Multisport PFD &amp; Fox 40 Whistle</a>
<input type="checkbox"/> Helmet	\$5	<a href="#">Sweet Wanderer &amp; Visor &amp; Nose Clip</a>
<input type="checkbox"/> Dry-Top or Semi-Dry Paddle Jacket	\$20	<a href="#">Palm Surge Dry-Top or Vertigo Semi-Dry</a>

## Equipment you Absolutely Must Have

<u>Item:</u>	<u>Example (recommended) Product:</u>
<input type="checkbox"/> Flexible Kayak Booties	<a href="#">Palm Rock Booties</a>
<input type="checkbox"/> Survival Bag (goes in pocket of PFD)	<a href="#">Emergency Foil Survival Bag</a>
<input type="checkbox"/> Neoprene Kayak Shorts or Leggings	<a href="#">Kokatat Neoprene Shorts</a>
<input type="checkbox"/> x2 Long Sleeved Thermal Tops	<a href="#">Thermatech Ultrasport Top</a>
<input type="checkbox"/> x2 Pairs of Thermal Leggings	<a href="#">Thermatech Leggings</a>
<input type="checkbox"/> Thick Fleece Mid-Layer Top	<a href="#">Earth Sea Sky Stingray Fleece</a>
<input type="checkbox"/> 18L Drybag with following items inside...	<a href="#">Palm Classic 18L Drybag</a>
<input type="checkbox"/> Duct Tape	<a href="#">Scotch Repair Duct Tape</a>
<input type="checkbox"/> First Aid Kit	<a href="#">C2C Compulsory First Aid Kit</a>
<input type="checkbox"/> Waterproof Seam-Sealed Pants	<a href="#">Palm Vector Paddling Pant</a>
<input type="checkbox"/> Thermal Hat, Gloves, & Socks	<a href="#">Thermatech Beanie &amp; Socks &amp; ESS Polypro Gloves</a>
<input type="checkbox"/> Spare Long Sleeved Thermal Top	<a href="#">Thermatech Ultrasport Top</a>
<input type="checkbox"/> Spare Pair of Thermal Leggings	<a href="#">Thermatech Leggings</a>
<input type="checkbox"/> Spare Thick Fleece Mid-Layer Top	<a href="#">Earth Sea Sky Stingray Fleece</a>

You will need a total of at least x3 thermal tops, x3 thermal leggings, plus x2 fleece mid-layers. This is so you can wear one set of thermals plus fleece in the morning, swap into your second set of base layers for the afternoon, and have a spare set of thermals and fleece in your drybag at all times in case of emergency.

## Recommended Equipment

- Towel
- Warm clothing for off the water
- Rain jacket
- Sunscreen
- Insect repellent
- Sunglasses (that you don't mind losing)
- Personal medication
- Notebook & pen

# Plan A: Christchurch/Canterbury

**Day 1 - Starting 8:30am in Harewood**

**Finishing 4:00pm in Sheffield**

**Meet & Greet**                      **Meeting Location: Café Raeward, 800 Harewood Rd, Harewood**

Please arrive on time. Order a take-away coffee, then meet us at the tables out the front where it's quiet. Bring a warm jacket for cool weather. Be prepared to complete a health & safety form with an emergency contact number. You'll tell us your goals, and we'll let you know the plan.

**Equipment/Flatwater Skills**                      **Meeting Location: Sawyers Arms Reserve, Sawyers Arms Rd**

We'll convoy to the reserve (about a 5 min drive). We will start by checking and helping you to adjust all your equipment correctly. Please bring everything on the gear-list above that you'll use on the river. We will spend the whole morning at the lake doing flatwater drills. You will get totally wet as part of this session.

**Moving Water Skills**                      **Meeting Location: Waimakariri Gorge Bridge**

Make your way to Gorge Bridge and park under the trees on the river-bed. We will spend the rest of the afternoon here doing drills on moving water. You will get totally wet at the end of this session.

**Day 2 - Starting 8:30am in Pegasus Town**

**Finishing 4:00pm Near Belfast**

**Theory/Video Analysis**                      **Meeting Location: Flat White Café Bar, Main Street, Pegasus**

We'll be inside the whole morning. You'll be able to order coffee/food and enjoy this during your lesson. Please bring a notebook & pen for writing down tips and advice.

**Moving Water Skills**                      **Meeting Location: Waimakariri State Highway 1 Bridge**

Make your way to Waimakariri River Park off Wrights Rd. We'll meet on the Northern river-bank, in between the State Highway 1 Bridge and Old Main North Road Bridge. We'll aim to do a short river section here plus drills on moving water.

**Day 3 - Starting 8:30am in Sheffield**

**Finishing 4:00pm in Sheffield**

**River Kayaking**                      **Meeting Location: Sheffield Pie Shop, W Coast Rd, Sheffield**

Meet at the pie shop. If you want a pie/coffee please arrive earlier. We'll aim to do two separate runs of the Woodstock to Gorge Bridge section of the Waimakariri River (final 15km of the Coast to Coast kayak stage).

**Day 4 - Starting 8:30am in Sheffield**

**Finishing 5:00pm in Sheffield**

**River Kayaking**                      **Meeting Location: Sheffield Pie Shop, W Coast Rd, Sheffield**

If river conditions and paddling abilities allow, we'll aim to do the Waimakariri Gorge on this day. Meet at the pie shop. If you want a pie/coffee please arrive earlier. You can leave your vehicle here and we will provide transport the rest of the way to Mt White Bridge. This will be a big day out. Your coach will ensure you know what's happening and you're ready for this trip. If you're not ready by this stage, alternative options may exist.

## **Where to Stay**

If you are not from Christchurch, we recommend staying somewhere close to Christchurch Airport, as most of our meeting points are on this side of town.

*Please be aware that in the unlikely event we have to switch to plan C at the last minute due to weather/flows, then you'll need to cancel any accommodation you have booked for Christchurch on nights 2 & 3 and stay in Murchison instead (details below). We try to make this decision as early as we can, but sometimes you will get very short notice of this change.*

## **Transport**

You will need to have your own vehicle to get around. A 4WD is ideal, but not required. If you are flying into Christchurch Airport, we recommend hiring a car. A small SUV is ideal, but a small compact will be enough to get you to the meeting locations just fine.

We'll need a few vehicles within the group to arrange shuttles for the planned river-runs. We encourage you to share rides with others in your group whenever possible.

You will need to transport your own kayak and equipment around with you. If you are hiring a kayak from us, we will transport this for you.

## **Food**

You will need to organise your own food.

We highly encourage you to bring snacks like muesli bars for the pocket of your PFD (lifejacket). During river trips you may need to carry lunch on the river in your kayak (drybag) and we encourage the use of a hydration bladder in your PFD on these days also. The water in the river is not drinkable.

## Plan B: Christchurch/Canterbury

**The morning of Day 1 will remain the same regardless of weather or river flows.**

If the weather or river flows don't allow for us to continue with plan A, but it is still possible to go paddling in the Canterbury Area, we will remain based in Christchurch and provide an alternative skills-focused program. We'll change the plan as necessary, with a focus to provide the "next-best alternative" given the conditions. This could potentially mean not paddling the Waimakariri Gorge on the final day, and we'd possibly spend a day or two in a different type of kayak. Regardless, we'll still endeavour to provide as much value to your kayaking skills as possible. We usually find clients are really happy with what we can provide even during poor weather conditions.

Often the plan will evolve as forecasts and river levels change throughout the four days. We will communicate any change of plan with you at the earliest possible time.

## Plan C: Christchurch & Murchison

**The morning of Day 1 will remain the same regardless of weather or river flows.**

If the weather or river flows are such that continuing in the Canterbury Area is impractical, we may choose to use our alternative location of Murchison for the final two days. This is relatively uncommon and occurs about once per-season during larger storm cycles. This option can allow us to still go paddling on some grade 2 river features regardless of the weather. In this scenario, we'd likely use multisport kayaks in Canterbury during the first two days, followed by two days in whitewater kayaks based around Murchison.

If we go to Murchison, then you'd need to find somewhere to stay here for one or two nights. We'll try to give you as much notice of this change as practically possible and advise you on good places to stay, plus anything else you need to know.

## **We are looking forward to paddling with you soon!**