

KIT LIST



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

SWIFTWATER & FLOOD RESCUE TECHNICIAN

Equipment

Participants should arrive with suitable PPE for working in moving water environments:

- CE-approved water rescue helmet
- Buoyancy Aid / PFD (with quick-release rescue belt recommended)
- Drysuit or wetsuit suitable for cold water conditions
- Thermal base layers (non-cotton)
- Water rescue footwear or sturdy river shoes/boots
- Neoprene or protective gloves
- Whistle
- Water rescue knife
- Personal lighting (helmet torch or headtorch)
- Eye protection (recommended)

Rescue 3 standards specify full PPE including drysuit, helmet, buoyancy aid, footwear, gloves and thermal protection for all technicians operating in swiftwater environments.

Personal Rescue Equipment (Recommended)

Some providers supply this equipment, but technicians are encouraged to bring personal items where available:

- Throwbag (approx. 15–20m floating rope)
- Locking karabiners (x2–3)
- Sling / tape for anchor attachment
- Small pulley
- Personal medical kit
- Waterproof notebook & pencil
- Personal survival or deployment pack

Typical Rescue 3 technician equipment includes throwbags, connectors, pulleys and personal rescue hardware used during practical exercises.



Clothing & Personal Items

Training is physically demanding and takes place outdoors in all conditions:

- Swimwear
- Towel
- Warm change of clothes
- Multiple thermal layers
- Waterproof jacket and trousers
- Spare socks
- Trainers or dry footwear for land sessions
- Personal medication
- Reusable water bottle
- High-energy snacks

Usually Provided by the Training Provider

(Confirm locally)

- Technical rope systems
- Boats and tether systems
- Group rescue equipment
- Casualty management equipment
- Communications equipment

Rescue 3 courses include training using specialist team and technical rescue equipment supplied as part of operational scenarios.

