

KIT LIST

SWIFTWATER & FLOOD RESCUE TECHNICIAN



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

Equipment

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

- CE-approved water rescue helmet (can be borrowed from PYB)
- Buoyancy Aid / PFD with quick-release rescue belt recommended (can be borrowed from PYB)
- Drysuit or wetsuit suitable for cold water conditions (can be borrowed from PYB)
- Water rescue footwear or sturdy river shoes/boots
- Neoprene gloves
- Whistle
- Water rescue knife
- Eye protection (optional)
- Glasses retainer

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)

Participants are encouraged to bring personal rescue equipment items where available:

- Throwbag (approx. 15–20m floating rope) (Can be borrowed from PYB)
- Locking karabiners (x2–3) (Can be borrowed from PYB)
- Sling / tape for anchor attachment (Can be borrowed from PYB)
- Small pulley (Can be borrowed from PYB)
- Personal medical kit
- Waterproof notebook & pencil



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
- Flask
- Dry Robe (if you have one)

