

# Canyoning

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# Getting Started Canyoning

# Equipment

## Equipment

This section covers the different pieces of equipment that may be needed when canyoning. Depending on the specific trip, more or less may be needed. Typically as you go to more advanced or longer trips, more equipment is required.

## Harness

For any trips that includes abseils, a harness is a key requirement. The key requirements for a harness are a pair of rated leg loops and a rated waist loop, with a front attachment point that is also rated. Most canyoning-specific harnesses will have a plastic liner across the back to provide scuff protection to your clothes or wetsuit while sliding down rocks. Typically canyoning harnesses have less padding than rock climbing harnesses however this is a matter of personal preference and some people will prefer to use a rock climbing harness instead of one made for canyoning for either comfort or to avoid needing to purchase another harness.

## Descender

A descender is used in canyoning or in abseiling more broadly to allow you to navigate down a cliff and control your speed of descent. Broadly these are split into two families, in-line devices and figure-8 style devices. In canyoning environments the figure-8 style tends to be a more common preference but in-line devices are also used on occasion.

## In-line Devices

## Figure-8 style devices

## Helmet

Pack

Shoes

# Packing List

A starting point for anyone preparing for a canyoning trip with a few items to bring along. Not all of these items will be needed for all trips, and some trips will require equipment above and beyond this list. Adjust as needed.

## Personal Equipment

- Helmet
- Wetsuit
- Harness
- Descender + carabiner
- Personal Anchor + carabiner
- Rain Jacket
- Whistle
- High-grip footwear
- Backpack
- Dry bag or keg
- Water
- Food/Snacks
- Sunscreen/Zinc
- Toilet kit

## First Aid Kit

- Space blanket
- Pressure bandage
- Snake bandage
- Non-stick gauze dressing
- Triangular bandage

- Butterfly clips or tape
- Elastoplast
- Band-aids
- Blister dressing/moleskine
- Antiseptic cream
- Safety pins
- Scissors
- Tweezers
- Pain relief
  - Paracetamol
  - Ibuprofen
- Whistle
- Cold and flu tablets
- Antihistamine
- Gastrostop
- Reusable cable-tie

## Group Equipment

- Rope
- Anchor building equipment
- Water filter
- PLB
- Map
- GPS

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# Navigation