

Open Canoe Expedition Kit List

CLOTHING

Got it	Packed it	Item Needed
		1 pair of water shoes or trainers (that you don't mind getting wet)
		2 pair of warm socks
		1 pair neoprene socks (optional)
		2-3 t-shirts (synthetic tech t-shirts are ideal)
		Thermal long-sleeved t-shirt (if it's likely to be cold)
		2 warm fleece tops or similar
		2 trousers (practical trousers for being active, NOT jeans)
		Underwear
		Nightwear
		Trainers/sandals/sliders (optional, for campsite use)
		Warm hat &/ or Sunhat (as appropriate)
		1 pair gloves (as appropriate)
		1 pair shorts (as appropriate)
		Waterproof Jacket with hood
		Waterproof Trousers

PERSONAL KIT

Got it	Packed it	Item Needed
		Sleeping Bag
		Torch (Handheld or head torch and spare batteries)
		Personal First Aid Kit / medication
		Water bottles
		Wash Kit / personal hygiene items (some items can be shared as group)
		Towel (travel towels are ideal)
		Watch
		Notebook and pen / pencil
		Expedition Food – Expedition food (excluding lunch) can be provided by us, please contact us in advance for a quote.
		Survival Bag (optional)
		Sunblock
		Midge repellent
		Midge Head Net
Provided by Active		
		Sleeping Mat

GROUP KIT (to carry between the team)

Got it	Packed it	Item Needed
		Sponge / Scourer (to clean pans)
		Tea Towel
		Plastic Bags (for Rubbish etc)
		Camera
		Wash Kit / personal hygiene items (some items can be shared as group)
		Tick Remover
		Mobile phone (fully charged and switched off for emergency use)
		Camera (optional)
Provided by Active		
		Stove(s) & Gas
		Lighter
		Cooking pans
		Cutlery & mugs
		Tent
		Toilet paper
		Camping Trowel
		Map
		Compass
		Group First Aid Kit
		Canoe (one between two candidates)
		Paddles
		Buoyancy Aids
		Dry bags / water-tight barrels