



# Canoe Expedition Kit List

Items	Comments	Tick when packed
<b><u>TO WEAR CANOEING</u></b>		
1 x pair old trainers/waterproof sandals/Wellies		
1 x pair walking/thermal socks		
1x thermal top or T shirt NOT COTTON		
1 x sweater (woollen or fleece)		
1 x thermal quick drying trousers or shorts (NOT jeans)		
1x waterproof jacket		
1x water proof trousers		
<b><u>PERSONAL KIT</u></b>		
1 x sleeping mat		
1 x sleeping bag		
1 x sleeping bag liner		
1 x torch and spare batteries for torch		
1 x watch		
1 x water bottle (2 Litres)		
1 x knife, fork, spoon		
1 x plate/bowl /mug		
1x first aid kit (painkillers/medication/compeed)		
1 x small wash kit and suncream		
underwear		
1 x hat (warm) 1 x hat ( sun)		
1 x pair gloves (woollen)		
1 x thermal long johns and top to sleep in.		
2 x spare pair walking socks		
3x thermal top or T shirt NOT COTTON		
3 x sweater (woollen or fleece)		
2 x walking/quick drying trousers (NOT jeans)		
<b><u>Group Equipment</u></b>		
1 pan scourer and a small bottle of washing up liquid		
4x thick waterproof bags for wet clothing		
Tent		
Trangia and gas		
5 x plastic bags (for rubbish etc)		
1 x box of matches in zip lock bag		
1 x notebook & pen/pencil		
Large sponge one per boat		