

## Canoeing Kit List

If unsure of any items, please query. You will be provided with a tent and Trangia

### Compulsory Items

Item	Description	Got it	Packed it
Dry Bag	A heavy weight dry bag for storing expedition items. The school have some for students to borrow, please inform us if you need to borrow one. However if you want to keep one we are selling them at £13.50 each.		
Waterproof Jacket	Does not have to be Goretex but must have taped seams and must do up		
Waterproof over trousers	As above – they must cover your legs		
Sleeping bag	3 season sleeping bag which must be in a waterproof bag		
Roll mat/sleeping mat	Closed self-foam or self-inflating – yoga mats won't work		

### Essential Items: These are necessary for a successful expedition

Item	Description	Got it	Packed it
Walking socks x2	Not cotton		
Technical T Shirts/Base layers x2	Not cotton but something to canoe in and then something to wear at camp		
Fleece	Thin lightweight fleece to provide warmth but also light and quick to dry if it gets weight		
Light weight trousers/Shorts x2	These need to be comfy but also practical and dry quickly. Something to canoe in and then something to wear at camp		
Footwear x2	Wet suit boots or shoes – your feet are going to get wet whilst canoeing. Then a pair of trainers something for at the campsite		
Underwear			
Nightwear/Pj's	Lightweight but suitable		
Water Bottles/Hydration Bladder	Must be a total of a 2-litre capacity		
Bowl			
Fork, knife & spoon			
Mug			
Head Torch	Spare batteries just in case		
Personal first aid kit & insect repellent	Including blister plasters and personal medication		

Weather dependent items: Students should ensure they look at the weather forecasts before the expedition, so they have suitable items.

Item	Description	Got it	Packed it
Warm hat	Woollen or fleece		
Gloves	Lightweight pair		
Sun Glasses			
Sun Cream			
Sun Hat			

### Non-essential items: Up to you

Item	Description	Got it	Packed it
Wash Kit	Toothbrush, toothpaste, wet wipes and deodorant is all that is required		

**Group kit: Items that may be shared among the group in addition to tent and fuel**

<b>Item</b>	<b>Description</b>	<b>Got it</b>	<b>Packed it</b>
<b>Notebook &amp; pencil</b>	To be kept in a plastic bad to keep them dry		
<b>Watch</b>	Preferable 2 per group		
<b>Toilet paper</b>	One roll should be enough!		
<b>Small amount of washing liquid &amp; scourer/tea towel</b>	To wash and dry up after you have eaten		
<b>Zip lock bags/bin bags</b>	For rubbish and waterproofing small items		
<b>Food</b>	In addition to personal snacks choices the team will plan a menu and share food out among the group to carry. <b>Chewing gum is not allowed!</b>		