

Grab Bag- 20L Dry Backpack

(can be accessed during paddle)

Expedition Kit

Dry Liner 1 – Safety & Spares

First aid kit
Flares (if required)
Multitool (including knife)
Emergency blanket
5m length of 5mm rope
Duct tape
Electrical tape
iSUP repair kit & valve key
(if required)
Safety flashlight (if required)
Spare fin (if required)
Survival bag

Pack separately on top

Waterproof Layers useful for the day

Dry Liner 2 – Electronics

Camera/Go Pro
Camera charger and mounts
Phone charging lead and 240v plug
Battery pack (USB)

Dry Liner 3 – Paddling Food

Lunch
High energy snacks
Water/squash