

Main Kit Bag- 60L Dry Backpack

(Not needed during paddle)

Expedition Kit

Dry Liner 1 – Non-Paddling Clothing

Trainers / flip flops
Down jacket (Lightweight)
Warm hat
Gloves
Sun hat
Light weight trousers e.g. walking trousers
Lightweight towel
Fleece jumper
Board shorts
T Shirt
Underwear
Socks x 2
Thermals (colder conditions)

Dry Liner 2 – Sleeping Gear

Sleeping bag
Sleeping mat
Pillow (if space permits)
Headtorch
Spare head torch batteries
Toilet roll
Toiletries bag (hand cream, after sun)
Mosquito spray

Dry Liner 3 – Shelter

Tent / Hammock / Bivvy / Tarp

Dry liner 4 – Cooking Equipment

Cooker & fuel (enough for trip)
Cooking pots
Gas connection adapter (if paddling abroad)
Knife/fork, Spork
Plates/bowls/Mess tins
Can opener (if needed)
Insulated mug
Firelighters (if required)
Water purification tablets
Turbo Lighter / matches (waterproof)
Flint lighter (if required)
Folding Saw (if required)

Dry Liner 5 – Food

Breakfast & Evening meals
Spare Energy Food / Snacks
Tea bags / Coffee sachets
Powdered Milk / UHT milk sachets
Hot chocolate sachet
Hip Flask and preferred tippie
Warm Snacks – Cuppa Soup / Mug Shots

Top Tip - Separate Ziplock bags per day rations