



KIT LIST FOR DORSET KAYAKING & WILD CAMPING ADVENTURE

**Fields marked in red are compulsory*

Supplied:

1. Sit-on-top, single (*double for couples*)
2. buoyancy aid each x1
3. paddle each x1
4. 50/100 liter dry bag each x1 plus optional watertight drum

Essential:

Paddling

1. Wetsuit
2. hat, cap or beanie
3. Booties
4. Sunscreen, sunglasses & hat
5. Snacks & small flask
- 6. 1 liter bottle of water/drink per day**
7. Dry bags & bin bags for gear storage

Camping

1. Small tent (It can get very windy)
2. Sleeping bag, sleeping mat & pillow bag
3. Sleeping clothes x1 set
4. Camp clothes x1 set (longs/shorts, sandals, light top, fleece)
5. Length of line for a drying line
6. Headlight or small hand torch
7. 2 pairs (4) bungees for securing equipment on your boat

Toiletries

1. Toothbrush
2. SMALL toothpaste
3. Moisturiser cream
- 4. Bio-degradable toilet paper (*available Field & Trek*)**
- 5. Bio-degradable general wash soap (*available Field & Trek*)**
6. Small drying towel
7. Sun block

Cooking

1. Billy can & kettle
2. Small camp stove
3. Spoon & eating dish
4. Mug
- 5. Refuse bag**



Food (2 breakfast, 3 lunch, 2 dinner + energy snacks)

1. Pasta/rice
2. mini salami's
3. Supermarket meal-in-a-bag
4. Soup sachets
5. Tabasco sauce, salt, pepper, Worcester sauce, curry powder.
6. Bananas, chocolate bars, condensed milk, dried fruit, snacks
7. Milk/milk powder for hot drinks
8. Liquor as preferred (for around the campfire). No glass bottles pls.
9. Freeze dried food i.e. water removed.
10. 'Boil' in a bag meals.
11. Military MRE's (Meals Ready to eat) are perfect.

Visit your supermarket for ideas, there are plenty of options.

**Only buy food for the meals as listed above.*

'Other' Optional

1. Cash for meals, drinks & parking at Lulworth Cove
2. Costume & towel
3. Binoculars & camera,
4. Any medication/prescriptions
5. Fishing rod and spinners/spoons.
6. Wetsuit, mask & fins for inshore snorkeling.

BANNED

- ❖ Wet wipes left lying around the beach and campsite.
- ❖ Standard toilet paper (unless it is burnt in the hole)
- ❖ Dishwashing liquid other than **BIODEGRADABLE**.

Notes:

Please notify your Guide of the following as soon as possible;

- ❖ Any and all medical conditions i.e. asthma, food allergies, 'other' allergies, hearing, eye site, muscle problems etc.
- ❖ Skills/qualifications i.e. first aider, previous paddling experience etc.
- ❖ Any phobias i.e. deep water, sharks, spiders, dark etc.
- ❖ We will collect refuse off every beach we land on to be discarded at Lulworth Cove (out) & Weymouth Bay (return).



IMPORTANT:

It's critical that each paddler takes the very minimal of gear; Please only bring what you NEED and no more – packing space is at a premium and you have to paddle the weight for the entire 3 days. Excessive equipment defeats the object of wild camping, which is environmentally friendly comfortable survival with the minimum of fuss & effort.

Remember, you're doing this trip to have an 'experience', too stretch yourself a little and get back to basics. You're not at home so don't expect to have home comforts! **NO WHINGERS!!**

Notes to Guides

- ❖ Uniform shirt and cap at all times (orange on water, black onshore)
- ❖ Every guide to carry bilge pump, paddle float, tow line and radio (leader & sweeper only).
- ❖ Buoyancy aids to be worn at all times – no exceptions.
- ❖ Pack out all wet wipes immediately after use.

Kit List subject to change