



Guideline KIT LIST FOR ST. OSYTH KAYAKING & WILD CAMPING

**Fields marked in red are compulsory*

Supplied:

1. Sit-on-top, single (*double for couples as required*)
2. Buoyancy aid each x1
3. Paddle each x1

Essential:

Paddling

1. Layered clothes – no cotton or denim!
2. Hat, cap or beanie
3. Wet booties or sandals that can get wet
4. Sunscreen, sunglasses & hat
5. Snacks & drink
- 6. 1 liter bottle of water/drink per day minimum**
7. Dry bags & bin bags for gear storage and refuse

Camping

1. Small tent (It can get very windy)
2. Sleeping bag, sleeping mat & pillow bag recommended
3. Sleeping clothes x1 set (dry)
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) or **lighter fluid** to burn used toilet paper.
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 & Mug
- 4. Refuse bag**



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Food Ideas (1 breakfast, 2 lunch, 1 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.

'Other' Optional

1. Cash for any meals, drinks & parking in Brightlingsea.
2. Costume & towel.
3. Binoculars & camera.
4. Any medication/prescriptions.
5. Fishing rod and spinners/spoons.

****BANNED****

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

Notes:

Please notify your Lead 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, shoulder injuries, previous dislocated shoulders 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 Brightlingsea.



We look forward to meeting you for your adventure of 2015!!

Kit List subject to change