



KIT LIST for Wild Camping Trips - Guideline only, guests to use their discretion. **Fields marked in red are compulsory*

Supplied:

1. Sit-on-top, single
2. buoyancy aid each x1
3. paddle each x1

ESSENTIAL

Paddling

1. Layered synthetic clothes – **no cotton or denim! Dress for the water.**
2. Hat, cap or beanie
3. Wet booties
4. Sunscreen, sunglasses & hat
5. Snacks & drink for on the water
- 6. 1 litre bottle of water/drink per day minimum**
7. Dry bags & bin bags for gear storage

Camping

1. Good small tent (It can get very windy) Tarps and bivy bags welcome.
2. Sleeping bag, sleeping mat & pillow bag
3. Sleeping clothes x1 set (dry)
4. Camp clothes x1 set (longs/shorts, sandals, light top, fleece)
5. Optional length of cordage for a drying line
6. Headlight or small hand torch (red light to save night vision)
7. 2 pairs (4) bungees for securing equipment on your boat

Toiletries

1. Toothbrush
2. SMALL toothpaste
3. Moisturiser cream
4. **Bio-degradable** general wash soap
5. Small drying towel

Cooking

1. Cooking utensils
2. Small camp stove
3. Spoon, eating dish & Mug
- 4. Refuse bag**



Food Ideas; not all inclusive guests. (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.
2. Costume & towel.
3. Binoculars & camera.
4. Any medication, prescriptions.

BANNED!!

- ❖ Wet wipes of any kind (usually left lying around the beach and campsite)
- ❖ Standard toilet paper – must be **BIODEGRADABLE**.
- ❖ No dishwashing liquid other than **BIODEGRADABLE**.

Notes:

Leave electronics behind – the more expensive the item, the quicker and deeper it sinks. Waterproof any electronics you do bring along - Peli boxes are available to hire or purchase when you place your booking.

IMPORTANT:

It's critical that each paddler takes the very minimal of gear; Please **bring only what you NEED** and no more – packing space is at a premium and you have to paddle the weight for the entire 2 days. Excessive equipment defeats the object of wild camping, which is environmentally friendly, comfortable outdoor living with the minimum of fuss & effort.

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

Notes to Guides

- ❖ Uniform shirt and cap to be worn at all times onshore.
- ❖ Guide briefing at 8am on each morning before launch with full safety kit check.
- ❖ You have a responsibility of safety, duty and care to yourself, your team and your guests – be professional at all times and take your work seriously at all times. Engage and remain engaged whilst on the water!

Kit List subject to change

We look forward to meeting you for your adventure!!

