



Kit List for DofE Canoe/Kayak Expedition



Tips for your expedition

To Wear:

- 2 x old trainers or similar (something you can swim in and will stay on your feet and drain, one pair to paddle in and one for camp)
- Base layers, ideally top and bottom.
- Waterproofs (at least an anorak in case it rains, ideally waterproof trousers too)
- Warm top – fleece/hoodie (even in summer, if the sun goes in it can get cold)
- Warm trousers (avoid jeans if possible)
- Hat (in summer a baseball cap or similar and if cold a woolly hat)
- Gloves (in cold weather)

To take (dry barrel):

- Spare clothes
- Towel and washing equipment.
- Water bottle /Drinking water (we don't supply cups)
- We can supply ration packs if required, please contact our local outdoor shop Apex Outdoor in Coleford 01594 835160, we can pick them up during training phase.
- Any medication and allergy medicine (i.e. inhalers, epipens etc)
- Spare trainers or boots (for after the activity)
- Cutlery to eat with i.e. sporks etc

We provide:

- Canoes/kayaks, PFD's, paddles, helmets etc
- Tarps/tents, roll mats
- Gas Trangias & mess tins (only for the actual practice & qualifying expeditions)
- Dry barrels and bags

Participants will need food and drink for the 2 day training phase (we do not supply cooking equipment for this period), we have local eateries where they can go and local shops to buy food.

- ✓ *If possible avoid wearing wellington boots (difficult to swim in).*
- ✓ *If you wear glasses it's a good idea to tie some string to them.*
- ✓ *If it's summer, then sun screen is a good idea.*
- ✓ *Avoid taking expensive electronic devices or jewellery in the canoe.*

If you are unsure please don't hesitate to ask!

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