

ESSENTIAL & RECOMMENDED EQUIPMENT & CLOTHING FOR FULL ENJOYMENT OF YOUR COURSE

Open Canoe Journey and Bushcraft Weekend

EQUIPMENT -

Camping & General Equipment

- Tent, hammock & tarp, or other shelter - minimum Gore-tex bivy bag - ESSENTIAL
- Sleeping bag - ESSENTIAL
- Sleeping mat
- Kneeling pad or waterproof foam cushion or something similar to sit/kneel on - ESSENTIAL
- Torch and spare set of batteries - ESSENTIAL
- Wash kit (preferably biodegradable products);
- small towel
- Anti-Bacterial alcohol hand cleaner - suitable for use without water - e.g. Cuticura Anti-bacterial Hygiene Gel (small bottles available at Boots, in store or online) - ESSENTIAL
- Personal first aid kit - ESSENTIAL
 - Plasters
 - Alcohol wipes
 - Pain killers
 - Tweezers
 - Personal medication
- Sun block & lip balm - high factor
- Insect repellent
- Note book and pencil
- Camera - you can buy waterproof cases for most models
- Small waterproof day pack?
- Waterproof dry bag for all important kit (especially sleeping bag)

Food - ALL ESSENTIAL

- Packed lunch (Saturday)
- Saturday evening meal - dehydrated or boil in the bag - e.g. Wayfarer or similar
- Breakfast - cereal bars/flapjacks/granola/fruit or de-hydrated/boil in the bag breakfast - something sustaining
- Lunch (Sunday) - any quick lunch that will not suffer from not being refrigerated and does not need cooking - e.g. Cuppa Soup, instant noodles, couscous or similar; tinned fish; salad; rolls; crisps; fruit; snack bars - enough to sustain you during physical outdoor activity
- Snacks (mid morning and mid afternoon, Saturday and Sunday) - granola/flapjack/nut, cereal and mixed fruit bars are recommended - unless you have a nut allergy!
- Drinks - hot and cold water are provided. You can bring tea bags or coffee granules; powdered milk; sugar - in small containers - if you wish.
- Crockery and Cutlery to suit your food - e.g. mug; plate; tin opener; fork/spoon; etc.
- Flask with cup and/or water bottle
- Drying up cloth

Cooking Equipment - ESSENTIAL

Cooking facilities will be available over the fire in the evening, with a large pan of boiling water for boil in the bag food (such as Wayfarers or Army rations). If you wish to cook other food, you will also need to bring:-

- Small campfire pan/billy can or
- Small pan/billy can, single burner stove and fuel - gas or multi fuel - e.g. Pocket Rocket/Snowpeak/MSR

Clothing

- The most suitable clothing items are those that dry quickly and clothing is best worn in close fitting multiple layers rather than relying on just one thick layer. For canoeing fleeces are best as they dry quickly and hold little water. Trousers should be comfortable and flexible but quick drying - definitely not jeans.
- Waterproof jacket and over trousers - ESSENTIAL
- Hat - for warmth and/or sun protection (and rain if your waterproof jacket does not have a hood)
- Outdoor shoes with a good grippy but flexible sole - ESSENTIAL
- Couple of spare pairs of socks
- Clothes to sleep in
- Complete change of clothes stored in dry bag - ESSENTIAL
- Spare set of clothes/shoes to leave in the vehicle for after the trip.

Remember! Everything you take will have to be carried in your canoe, along with your partner's kit. You shouldn't need more than about 15kilos in total - if you are struggling with this give Canoe & Kayak Trader a call on 01926 889928 and they'll help you eliminate unnecessary items!