## What to Bring on Your Canoe Adventure

Each person gets 2 large storage drums and a shared dry bag to pack their belongings, plus each canoe has a small drum for day-to-day stuff.

☐ Food for entire trip, plus an extra day (eg. 3 days food for a 2 day trip)
☐ Drinking Water for the entire trip
☐ Drink bottle and thermos flask (for cold weather)
☐ Rubbish bags
☐ Suitable Outdoor Clothing;
Suitable sandals or shoes (slip on type or jandals are unsuitable)
2-3 thermal tops
Several pairs of shorts and long pants
☐ Shirts
☐ Swimwear
Warm clothing for at night
☐ Warm socks
☐ Waterproof jacket
☐ Beanie or warm hat
□ Towel
☐ Sunglasses with attached strap
☐ Sun hat with attached strap
☐ Sleeping bag and sleeping mat
☐ Torch or head torch
☐ General first aid kit, any prescription medication, epi pen if you are allergic to wasps/bees
☐ Facemask and hand sanitiser
□ Sunscreen
☐ Insect repellent
□ Personal toiletries
☐ Toilet paper
□ Tent
☐ Cooking and eating utensils
☐ Gas cooker and gas cannisters (or similar)
☐ Matches or lighter
☐ Camera / Phone in water proof case (use phone GPS to see where you are in Great Hikes app)
☐ Zip lock bags or similar to pack items into for added protection

What we provide for your journey: Canoe/Kayak, Paddles, Life Jackets, Storage Drums, Baler, Rope, River Maps, Safety Briefing and Video, Emergency Personal Locator Beacon, Transport to and from the river.

What we provide at our Base: WiFi, Tea, Coffee, Showers, Toilet facilities and Secure vehicle storage, Accommodation the night before for multi-day canoe trips. (All free of charge.)

Available for Hire: Tents, Cooking equipment, Sleeping mats, Sleeping bags. Vehicle relocation service.