



What to Bring on your Canoe Adventure

Each person gets 2 storage drums and a shared dry bag to pack their belongings:

- Food for entire trip, plus an extra day (eg. 3 days food for a 2 day trip)
- Rubbish Bags
- Drink Bottle
- Drinking Water
- 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
- Sleeping mat
- Torch or Head torch
- General First Aid Kit
- Sunscreen
- Insect Repellent
- Personal Toiletries and
- Toilet Paper
- Tent
- Cooking and Eating Utensils
- Gas Cooker and and Gas Canisters (or similar)
- Matches or Lighter
- Camera/Phone in water proof case
- 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 video and Briefing, Emergency Personal Locator Beacon, Transport to and from the River.

What we provide at our Base: WiFi, Tea, Coffee, Showers, Toilet Facilities and Vehicle Storage at our base.

Available for Hire: Tents, Wet Suits, Cooking Equipment, Sleeping Mats, Sleeping Bags.