

Kit List

Group

Tents (check you have the correct poles!)
Cooking stove/fuel/pans
Large containers for drinking water – one per boat (**provided by My Adventure**)
Dish washing kit
Plastic bags for rubbish
First aid kit (one large one for the group)
Matches/lighter
Toilet roll + trowel
Penknife
2 mobile phones in dry bags
Survival bag
Throwlines - one per boat (**provided by My Adventure**)
Map, route card and waterproof map case (one set per boat)
Compass (one per boat)
Group shelter (big enough for the whole group)

Personal Kit

Equipment barrel (**provided by My Adventure**)
Whistle
Watch
Head torch + batteries
Buoyancy aid (**provided by My Adventure**)
Paddle (**provided by My Adventure**)
Sleeping bag
Sleeping mat
Clothing (if possible a complete set for each day)
Insulating layers
Waterproofs
Hat
Gloves
Trainers or similar for paddling + spare laces
Spare shoes for camp
Towel
Wash kit
Tooth brush
Midge repellent (hats, lotion)
Personal first aid items
Plates/Spoon/Mug/cutlery
Personal water bottle (1-2L)

For end of Expedition

Bag of clean clothes and towel