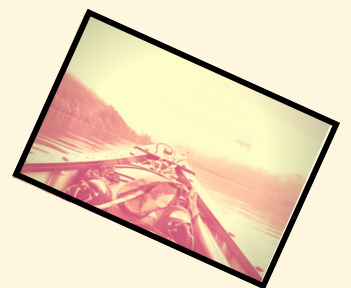




Swedish canoe
expedition:
KIT LIST



Space will be at a premium on this expedition. Each boat will have 2 people in it, so please do not bring more than is necessary.

Clothing - Stay away from cotton, please bring sweat-wicking clothing.

- Waterproof jacket or cag / paddling jacket
- Waterproof trousers.
- Warm down jacket for the evenings
- Shoes to paddle in (trainers are fine, they may get wet)
- Outdoor trousers x 2 (NOT JEANS)
- Fleece jumper x 2
- Thermal top and bottoms
- Base layers
- Socks
- Underwear
- Gloves
- Warm hat
- Sun hat

Sleeping and first aid

- Midge head net (can be provided)
- Insect repellent
- 3 Season sleeping bag
- Bivi bag
- Roll Mat
- SMALL TENT or Hammock and Tarp (tarp can be provided) NB: Due to wild camping a tarp would be preferable.
- Head torch
- Spare batteries for head torch
- Sun cream
- Sun glasses
- Personal first aid kit + any medication
- Camera

Food and extras

- Food for the week (breakfast, lunch & dinner x 5) Don't underestimate how hungry you may get after a day of paddling.
- Snacks + brew kit
- Water bottle
- Mug
- Knife, fork, spoon
- Plate or bowl
- Stove / cooker + fuel
- Mess tin or billy can
- Small day sack
- Large dry bag
- Small dry bag

We look forward to seeing you on the trip.

If you have any questions relating to kit for this trip or our Swedish canoeing expedition in general then contact
john@wildwaybushcraft.co.uk