



# Expedition Kit Packing List

This serves as a basic guide, outlining essential items for a short overnight kayaking trip, with some optional suggestions highlighted. Keep in mind that all belongings should be kayak-friendly and compact enough to fit in your vessel. Try to avoid burdening others with your tent or food, ensuring you're prepared for potential fatigue and hunger. Remember to pack out all waste from your camping site, maintaining the environment's cleanliness. Upholding the principle of leaving no trace is paramount.

Paddling Kit (on person/deck)	Required This Trip	Packed
Boat		
Paddles		
Spare Paddles		
Buoyancy Aid		
Spray Deck		
Paddling Apparel (Dry suit/Wetsuit)		
Helmet		
Hat/Sunglasses		
Spare Cagoule/Layer		
Tow Line		
Contact Tow		
Pump		
Compass		
Knife		
Whistle		
Safety Light		
PLB		
VHF		

<b>Leadership Equipment (Hatches)</b>	<b>Required This Trip</b>	<b>Packed</b>
First Aid Kit (appropriate to paddle)		
Repair Kit (appropriate to paddle)		
Spare Hatches		
Group Shelter		
Survival Bag		
Maps of Area		
Flare(s)		
Spare Drybags		
<b>Camping Kit</b>	<b>Required This Trip</b>	<b>Packed</b>
Tent		
Sleeping Bag		
Pillow (blow up <b>or</b> just use drybag of clothes!)		
Roll Mat		
Cooking Stove (Jet Boil/Trangia/Pocket Rocket)		
Lighter		
Pan/Mess Tin		
Rubbish Bags		
Tarp for shelter		
Mess Tin		
Shovel...		
<b>Food &amp; Drink</b>	<b>Required This Trip</b>	<b>Packed</b>
Coffee/Tea Bags		
Sugar		
Breakfast for X Days		
Lunch for X Days		
Dinner for X Days		
Beer/Whiskey (Bring extra for the leader)		
Snacks (sweets/chocolate/dried fruit/flapjack/soreen etc)		
Water (bring plenty!)		

Electronics	Required This Trip	Packed
Mobile Phone & Pouch		
Camera & Batteries		
Power Bank(s)		
Personal Kit	Required This Trip	Packed
Wallet/Cash		
Head Torch/Torch & Batteries		
Insect Repellant		
Suncream		
Camping Wash Bag (toothbrush, baby wipes, soap etc)		
Emergency Clothes Bag! <i>(in the event of a capsized/wet)</i>		
Spare trousers, t-shirt, long sleeved top		
Campsite & spare clothes for X days		
Toilet Roll (in zip lock bags)		
Kitch Roll (in zip lock bags)		
IKEA Bag for wet kit!		