



CANOE TRIP PACKING LIST

What you need to travel in comfort and enjoy your adventure

Absolute essentials (do not leave home without these items)

Uniform to be worn to and from trip.

Daily items you will need whilst paddling

- Sunscreen/zinc cream also if your burn easy to cover nose & lips
- Water boots (cheap pair from Big W/Dunlop volleys/ or old joggers)
- Swimmers/Board shorts (make these long or old long cotton summer PJ pants so your legs don't get blisters from sun burn don't bring short shorts)
- Hat must be full brim hat preferable with cord under chin (if no chord bring some ribbon and safety pins to attach it to your shirt)
- Sunnies (for those that like to wear them a cord attached to either side so they don't fall off)
- Towel (small towel only old thin one from home if you don't have a camp towel)
- Spray jacket or poncho
- Warm top with long sleeves (such as long sleeve t shirt) to throw on when paddling if you are cold
- Water Bottle at least 600 ml (must be able to tie on string to your barrel)
- Small personal first aid kit which includes blister pads and water proof band aids, stretch bandages, triangular sling, disinfectant wipes,
- Aeroguard or bushman's repellent (for night use in case of mossies)
- Rash shirt. T shirt with sleeves, or old business shirt long sleeve to wear whilst you are on the water paddling.

Other items required for camping

- Mess Kit, Knife and Fork, Cup, dinner plate, bowl. (preferably Camping mess kit as you will Need to be able to cook on it) Tea Towel x2
In a small container we suggest you put in Dishwashing liquid and a soak small piece of steel wool in the liquid ready for use when you get to camp)
- Hexi stove and tablets or small hike stove with gas cylinder (ensure you bring your matches put them in a screw top container to keep them dry)
- Tent (to be shared with your team make sure you have a garbage bag to put poles in with your name on it as poles will not fit in your barrel)
- Food Plan your menu with your team and ensure you have a hot warm meal at night
Suggest- Cereal breakfast, light lunch (wraps, soup) and good meal for dinner and bring small quantity of milo if you want it in a snap lock bag.
- Sleeping bag (must be able to fit in your barrel) you may need to stuff this in your barrel into a garbage bag if it is too big to roll)
- Air mattress (again must be able to fit in your barrel)
- Shower bag. Only bring the essentials. Roll on deodorant (NO aerosols allowed at camps) Soap, washer, tooth brush and small quantity of tooth paste in a small container, brush or comb.
.....There are no Showers where we are going.....
- 1 Change of clothes (something warm to put on when you get out of canoes at night). T shirt, pants, sloppy-joe , underwear x 2 sets (one to wear home) Socks x 2sets
- Sleep wear – pj's, thermals whatever your preference is.