GoSport Activity Centre

# DofE CANOEING & KAYAKING
## KIT LIST

Do More, Be More

# WHAT GOSPORT PROVIDES

You do not need to bring these items — we provide the specialist and group expedition kit.



## 1 CRAFT & PADDLING EQUIPMENT

- ☐ Canoes / touring or sea kayaks, depending on expedition
- ☐ Paddles
- ☐ Spare paddles
- ☐ Buoyancy aids with whistle
- ☐ Helmets where required
- ☐ Spraydecks for kayaks where appropriate
- ☐ Painters / boat toggles
- ☐ Throwlines / towlines
- ☐ Bailers / sponges / pumps
- ☐ Boat repair kit
- ☐ Portage trolleys where required
- ☐ Trolley / boat straps



## 2 WATERPROOF STORAGE

- ☐ Dry bags in appropriate sizes
- ☐ Dry barrels for canoe expeditions
- ☐ Smaller dry bags suitable for kayak hatches
- ☐ Waterproof map cases
- ☐ Waterproof storage for emergency communications



## 3 CAMPING & COOKING KIT

- ☐ Expedition tents
- ☐ Camping stoves
- ☐ Fuel
- ☐ Cooking pans
- ☐ Shared cooking equipment
- ☐ Windshield where appropriate
- ☐ Shared washing-up kit
- ☐ Rubbish bags
- ☐ Toilet trowel where required



## 4 NAVIGATION, SAFETY & EMERGENCY KIT

- ☐ Route maps
- ☐ Compasses
- ☐ Route cards
- ☐ Group first aid kit
- ☐ Group emergency shelter
- ☐ Expedition tracker
- ☐ Emergency communications
- ☐ Emergency contact information

Equipment supplied may vary slightly depending on whether the expedition uses canoes, touring kayaks or sea kayaks.

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# WHAT YOU NEED TO BRING

Pack your personal kit into the bags / dry bags shown below.

## BAG 1 SLEEP

**KEEP COMPLETELY DRY**



- ☐ Sleeping bag in a waterproof bag
- ☐ Sleeping mat
- ☐ Warm nightwear
- ☐ Dry sleeping socks
- ☐ Sleeping bag liner — optional
- ☐ Small pillow / pillowcase — optional

**Nothing wet goes in this bag.**

## BAG 2 DRY CAMP CLOTHES



- ☐ Dry trousers / leggings
- ☐ Warm fleece / jumper
- ☐ T-shirts / base layers
- ☐ Underwear — enough for each day
- ☐ Dry socks / spare pairs
- ☐ Warm hat
- ☐ Gloves if needed
- ☐ Separate camp footwear

## BAG 3 FOOD & EATING KIT



- ☐ Breakfasts
- ☐ Lunches
- ☐ Evening meals
- ☐ High-energy snacks
- ☐ Emergency meal / ration
- ☐ Mug
- ☐ Bowl / plate if required
- ☐ Spoon / spork

## WATER



- ☐ Reusable water bottles / hydration bladders
- ☐ Carrying capacity as stated in the expedition joining information

## BAG 4 EASY ACCESS / PERSONAL ITEMS



- ☐ Headtorch plus spare batteries
- ☐ Personal medication — clearly labelled
- ☐ Personal first aid kit
- ☐ Sun cream SPF50
- ☐ Sun hat / cap
- ☐ Sunglasses with retaining strap
- ☐ Small wash kit
- ☐ Hand sanitiser
- ☐ Small quick-dry towel
- ☐ Notebook and pencil
- ☐ Small amount of money if advised
- ☐ Mobile phone according to GoSport's expedition phone policy

## WEAR / WET BAG — PADDLING KIT



- ☐ Quick-drying top / base layer
- ☐ Quick-drying trousers / leggings / shorts
- ☐ Warm mid-layer such as fleece
- ☐ Waterproof paddling cag / jacket
- ☐ Swimming costume / shorts where appropriate
- ☐ Secure paddling footwear with a proper sole
- ☐ Warm hat if needed
- ☐ Gloves if needed
- ☐ Spare paddling layer

## DO NOT BRING

- ☐ Jeans or denim
- ☐ Cotton as the main paddling layer
- ☐ Flip-flops / Crocs / open-backed shoes
- ☐ Thin aqua socks as expedition footwear
- ☐ Glass bottles or jars
- ☐ Unnecessary valuables
- ☐ Aerosols
- ☐ Large suitcases or bulky luggage

## TOP TIPS

- ☐ Label ALL your kit
- ☐ Everything must fit inside the waterproof storage allocated to you
- ☐ Scotland expeditions may require midge repellent and a midge head net
- ☐ Keep wet and dry kit separate
- ☐ Pack light
- ☐ Check route information for expedition-specific items