

Standard Packing List

Space in kayaks is limited, it is therefore necessary to pack light. This is a basic list of suggested items. By no means is this an exhaustive list, nor all items mandatory. So a little common sense in the interpretation is essential.

- Compact sleeping bag OR quilt / fleece / innersheet suitable for warm climates
- Small travel pillow
- Travel towel or sarong
- 1-2 shirt / rashie to wear paddling (*quick-dry fabric and long sleeves are best, avoid cotton*)
- 1-2 pairs boardshorts or pants / tights / swimwear
It is recommended to cover up whenever possible to protect yourself from the sun. Also, to cover up from sandflies and marinelif e at certain times of the year. Boardshorts combined with tights are an excellent option.
- Underwear
- On-water footwear (*sandals, reef shoes, runners or others suited for watersports, short hikes and sand. Bring socks if necessary.*)
- Off-water footwear (*camp and short hikes. Compact sandals, sandals or runners. Many people choose to bring one pair of shoes for everything.*)
- Lightweight trousers - campwear
- 1-2 lightweight long-sleeve shirts - campwear
- Lightweight warm fleece OR jumper - campwear
- Lightweight thermal top (*polypropylene, wool or capilene*)
- Light waterproof rain-jacket
- Small torch (*a head torch is handy for camp*)
- Minimal toiletries (*biodegradable soap / shampoo, toothbrush / paste*)
- Medications / personal medical supplies (*see section on medical matters*)
- Sunscreen, zinc and lip balms
- Insect repellent (*some group supplies provided*)
- Sunglasses with cord / retainer
- Wide-brim hat or cap is essential
- Neck Buff / face covering (*on-water sun reflections can lead to additional sun exposure*)
- Water bottle 1-2 litres
- Gloves (*protect from blisters and sun. Sailing, cycling or thin garden gloves can work well*)

Optional extras:

- Snorkeling gear (*mask + snorkel, no fins or mini swim fins only*)
- Camera
- Binoculars
- Small fishing rod or handline (*must carry an accessible knife if trawling a handline from kayak to mitigate risk of entanglement*)
- Small musical instrument
- Book / magazine or writing journal
- Pack of cards or games
- Lightweight hammock
- Device / phone and small battery pack (*waterproof or bring a strong zip-loc bag for extra protection*)
- Sea sickness medication

Beverages: Limited space is available to bring your beverage of choice to enjoy in the evenings. Cask wine, spirits decanted into plastic bottles (*no glass*), or a few cans are suitable. Please drink responsibly, and only after the day's activities have concluded.

Gear we provide:

- All specialised kayaking equipment
- Drybags for personal gear
 - 1 x 40L drybag for personal items
 - 1 x 10-15L semi drybag for day use
- Quality tents, comfortable air mattress (*Lilo ~10cm thick*) & camp chair
- Safety equipment, expedition medical kit, Sat phone, PLB / EPIRB
- All camp kitchen equipment and group shelter / tarps
- Relaxation hammocks
- Appropriate wilderness toilet facilities including toilet paper