

Sea Kayak Expedition Packing List

<u>Item</u>	<u>Category</u>	<u>Check</u>	<u>Comments</u>
Boat	Boat Kit		Taran 18 or Romany Surf
Flares - Pinpoint, Smoke	Boat Kit		
Lomo Hand pump	Boat Kit		
Epic Paddle	Boat Kit		
Celtic Split spare paddles	Boat Kit		
Throw/Tow line	Boat Kit		Optional
Buoyancy Aid	Boat Kit		
Flares - compact aerial distress	Boat Kit		In BA
VHF radio	Boat Kit		In BA
Olympus Tough Camera	Boat Kit		In BA
Knife	Boat kit		In BA
PLB	Boat Kit		In BA – test it
GPS	Boat Kit		
GPS suction deck mount	Boat Kit		Optional
Mobile phone & waterproof case	Boat Kit		
Spray deck	Boat Kit		
VHF Spare Battery	Boat Kit		Optional
Lomo Paddle Float/pillow	Boat Kit		
Sponge	Boat Kit		
Emergency repair kit	Boat Kit		
Night lights White & Red LED Light	Boat Kit		Optional - Night paddling?
Expedition Trolley or 2 x Ikea Bags	Boat Kit		
Kokotat Emergency Storm Cag	Boat Kit		Optional
First Aid Kit plus Ibuprofen, Paracetamol, Tick remover, etc	First Aid Kit		
Emergency bivvy bag	First Aid Kit		Optional
Dry Suit or Dry trousers & cag	Paddling Kit		Weather dependent
Leggings - Reed/Rab x2	Paddling Kit		1 x spare 1 x to wear. Reed are quick drying
Reed Tops x2	Paddling Kit		1 x spare 1 x to wear
Rash Vest			
Hat – Tilley	Paddling Kit		
Dry socks	Paddling kit		
Paddle Boots	Paddling kit		
Helmet	Paddling kit		Optional – depends on where and what...
Rab Fleece	Dry Kit		
Warm Hat – ION	Dry Kit		
Shoes Walking – Lightweight Meindl's	Dry Kit		
Woolly Socks	Dry Kit		
T-shirt	Dry Kit		
Lightweight Rab Rain Jacket & trousers	Dry Kit		
Underwear	Dry Kit		

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Breakfast	Food		Porridge etc
Freeze dried soups	Food		Lightweight and tasty and quick
Lunch	Food		Energy Bars, Protein bars. flapjacks, dried fruit & nuts, apples etc
Dinner	Food		dried meals
Tea bags	Food		Optional
Coffee (instant)	Food		Optional - lightweight container
Milk - powdered	Food		Optional - lightweight container
Espresso maker			
Pre ground coffee			
Water	Food		2-3l per day
Sweetener - Sweetex	Food		
Water filtration system/purifier tablets	Food		Optional
Biodegradable soap/washing up liquid/scrubber pad	Kitchen Kit		
Fuel – meths	Kitchen Kit		
Matches / lighter	Kitchen Kit		
Mug	Kitchen Kit		
Small White bin bags	Kitchen Kit		For rubbish
knife fork/titanium long reach spork	Kitchen Kit		
Trangia Stove & Pans (includes 2 x small pans and fry pan lid)	Kitchen Kit		
Antibacterial hand gel/wipes	Kitchen Kit		Optional
Detox wipes	Kitchen Kit		Optional
Zip lock plastic bags x 3	Kitchen Kit		Useful
Foldaway shopping bag	Kitchen Kit		Useful
Pillow	Camping		Optional - Dry bag or Paddle float
Sleeping bag	Camping		
Sleeping Mat	Camping		
Tent	Camping		
Head Torch	Camping		
Camp chair			
Anti-perspirant	Wash Kit		Smelly pits - Optional
Travel Soap	Wash Kit		
Travel towel	Wash Kit		
Toothbrush and floss/brush	Wash Kit		
Toothpaste	Wash Kit		
Shaving kit	Wash Kit		Light weight (optional) (n/a for canoeists)
Bog roll	Toilet Kit		
Poo Trowel	Toilet Kit		For digging them holes
Kindle/book	Personal		Something to read
Insect Repellent – Smidge 18g	Personal		

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Lip salve	Personal		
Medicines	Personal		
Midge head net	Personal		
Sun cream	Personal		Optional
Hand cream – Avon Intensive Relief	Personal		Optional
Sudocream in small 35mm film can	Personal		For any paddle sores
Wallet – money, bank cards, minimum	Personal		
Power pack 10ah	Personal		
USB fast charger	Personal		In case power found
Solar panels/charger for Power bank	Personal		Optional
Selection of short charging cables iphone, usb-c, mini usb	Personal		Optional
GoPro Max/suction Mount/Spare Battery	Personal		Optional
GoPro Tripod/selfie stick	Personal		Optional
Sleeping mask	Personal		