

This list is not exclusive and many need adapting depending upon the type of expedition and the time of year the expedition takes place.

It's important to keep kit dry on the expedition, we have waterproof barrels which can be used or alternatively you can bring dry bags.

Even though our barrels keep out water there are occasions where they have let a little water in when the lid has not been sealed correctly, so we advise you to put sleeping bags and emergency clothes in a dry bag inside the barrel. (or in a black bag and tie the top)

To give you an idea of how much kit to bring, our barrels are 60 litres which is similar to a walking expedition bag. If you have more than this you will need a dry bag to put more things in. Weight is not often an issue in a canoe so you can get away with slightly more than you would walking.

Clothing list to wear in the canoe:

- Foot wear:

Trainers or wellies. It's also nice to have spare pairs which are dry for evenings in camp. Sliders/ trainers etc. (If doing training you get a pair wet on day 1 for sure)(sliders have the disadvantage in parts of the year that your socks will get wet in the grass)

- Clothing choice for the weather,

Think about the cold/ heat/ sun protection/ wind (they may get wet so jeans are not good, walking trousers tend to dry quickly if they get splashed, fleece works well)

- Waterproofs top and bottoms
- Hat warm / sun

Clothing list to put in the barrel:

Think about how many days you are out for?

- Smalls, fresh sets every day + a spare set of extra socks in bed are nice.
- Clothes think how many days you are out.

It is possible to wear the same trousers and top every day but there must be a minimum of 1 full spares in your barrel for camp. I generally work on the principle of 3 sets for any length trip.

Wears

Spares

Sleeps

Nant Y Popty farm, Coed Y Bryn, Llandysul, Ceredigion, SA44 5LQ

Office: 01239 612133

Mobile: 07787123761

Facebook: [Adventure Beyond](#)

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Kit List:

- Warm clothing to wear
- Full set of spare clothing
- Hat + Gloves (sun hat/ warm hat)
- Waterproof top and bottom
- Night clothing
- Water shoes / Or Wellies/ or Old trainers
- Shoes for camp (Trainers or wellies or sliders)
- Wash kit
- Personal med kit
- Sun cream
- Toilet paper (+ nappy bag/ doggy bag so no littering)
- Sleep bag (think of the sleeping bag rating 3 season for most stuff UK)
- Sleep mat (just as important as sleeping bag, Yogo mats are not great)
- Personal snacks (Treats) + (some emergency bit which never get used unless emergency)
- Drink bottle (2 litre) (Due to weight not being an issue some people just add a 5 litre bottle to the canoe, so there is plenty)
- Camera
- Torch (spare batteries)
- Lighter/ matches for lighting the stove
- Sunglasses (Optional)
- Something to carry your kit in (Dry bag) Although we do supply barrels where needed.
- Depending upon trip, midge net / cream (Smidge I find works well)

GROUP KIT

- Tent
- Stove / Fuel
- Food
- First aid kit
- Maps / Compasses
- Safety phone + charging bank
- Emergency repair kit, a few cable ties and a little bit of gaffa tape. 1m wrapped around an old card is enough for tent repairs.

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