

5-Day Expedition Packing List

Everything you bring will need to fit into our drybag/barrels so for all expeditions we advise you think carefully about what you need and not over pack. Below we've got a list of what we would recommend bringing.

What To Bring

- Drinks bottle
- Warm clothes for camp: 2/3 sets
- Headtorch
- Sunglasses & Suncream
- Waterproofs
- Toothbrush, Toothpaste, Deodorant, Hand Gel & Personal Medication
- Snacks
- Midget Repellent
- Pair of small shoes for camp e.g. trainers, crocs
- A little camping pillow if you want to feel luxurious (we used rolled up jumpers as a pillow)
- Clothes for paddling
 - Canoe/ Kayak Expeditions:
 - Shoes you're happy to get wet (old trainers or water shoes)
 - canoeists plan to stay dry, so warm sport clothing with a wind/rain proof top works for most.
 - If you do end up in the water, you can simply change to a dry set of clothing or dry off in the sun if it's warm
 - We have wetsuits available to borrow, however we'd advise that 5 days canoeing in a wetsuit might become uncomfortable. Wetsuits are designed to be wet.
 - SUP Expeditions
 - Shoes you're happy to get wet (old trainers or water shoes)
 - Wetsuit if you own one (if not we will provide one)
 - Wind proof top layer e.g. a cag (we can provide these if needed)

We Provide

- Tent
- Sleeping Mat
- Sleeping Bag & Liner (feel free to bring your own if you like)
- Everything we'll need for cooking and eating including mugs, plates, utensils etc.
- Canoes & paddles
- Buoyancy aids
- Dry bags / dry barrels
- Transport to the start point from Willowgate