



EXPEDITION CANOEING COURSE KIT LIST

Your equipment requirements for this course are relatively basic. Try to keep your outfit simple, bringing only what you need. Your outdoor clothing should be comfortable and not easily damaged. You'll need some spares in case you get wet and some easily-dried clothing for capsize/rescue drills. If you have any questions please contact us on info@frontierbushcraft.com

ITEM	NOTES/RECOMMENDATIONS	✓
OUTDOOR CLOTHING & FOOTWEAR:		
Waterproof shell	Jacket and trousers.	
Light warm layer	Light fleece or pullover.	
Heavy warm layer	Thicker fleece, wool shirt or pullover that can be worn separately or over the top of the light warm layer.	
T-shirts/Light shirts	At least a couple.	
Outdoor trousers	Something rugged - cargo pants or similar. Jeans are not suitable.	
Socks and Underwear	Bring a few spare sets.	
Emergency dry clothing	Spare set of trousers, underwear and base layer, medium warm layer and warm hat.	
Clothing for capsize drills	Some lighter, easier-to-dry clothing for getting wet in!	
Warm hat	Wool or fleece.	
Sun hat	A hat with a brim provides more sun protection than a peaked cap.	
Sunglasses	To protect eyes from glare from the water if sunny.	
Boat shoes	Something you are willing to get wet - e.g. old trainers	
Shore/Camp footwear	Something dry to change into and wear in the woods/around camp.	
SHELTER & SLEEPING EQUIPMENT:		
Tent/Tarp/Hammock	Your personal preference	
Sleeping bag	A decent 3-season bag.	
Sleeping mat	Closed cell (Karrimat) or inflatable (Thermarest).	
PERSONAL EQUIPMENT:		
Water bottle(s)/bag	2 litres carrying capacity.	
Bushcraft knife	e.g. Mora Companion 840.	
Folding Saw	e.g. Laplander.	
Axe/hatchet	If you have one.	
Cuts kit	Small first aid kit (with plasters, small bandage, headache tablets, etc.)	
Headtorch	Petzl 'Tikka' range are ideal. Make sure it has fresh batteries.	
Spare batteries for headtorch.	At least two sets of spare batteries.	
Whistle	Fox 40 or Perry whistle.	
Watch	For timekeeping.	
Strong nylon cord	A hank is always useful.	
Mug and bowl/plate	Metal or plastic.	
Eating utensils	At least a spoon.	
Notebook	Water-resistant or waterproof paper is preferable.	
Camera	Optional. Think about a waterproof box/bag if taking it on the water.	
Rucksac	Large enough to carry your clothing and equipment.	
Day sack	Small pack for carrying items such as waterproofs, warm layer, water bottle, etc. while out on the water.	
Waterproof liner/drybag	A submersible waterproof liner for your daysack (e.g. Ortleib).	
Drybags	If you have other drybags for personal equipment items such as your sleeping bag, please bring them.	
Knee protection	Knee pads - e.g. for flooring or gardening - or a section of sleeping mat to kneel on.	
WASH KIT, PERSONAL MEDS, ETC.:		
Wash kit	At a minimum - toothbrush, toothpaste, soap.	
Towel	A large bandana or a shemagh works well.	
Sunscreen	Out on the water you'll be exposed to sun from above and reflecting off the water.	
Lipsalve	Sun + wind = dry lips.	
Insect repellent	Just in case.	
Personal medication	Don't forget any medication that you are taking. Also if you know you suffer from hay fever or react badly to insect bites, make sure you bring suitable medication for dealing with it.	
Spectacles/reading glasses/spare contact lenses	Don't forget!	
Glasses retention cord/grip for glasses/sunglasses	So you don't lose them if you fall in.	

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