SEA KAYAKING KIT LIST

Here is a kit list that we recommend for our sea kayaking adventures. If you look through and need to discuss anything in more detail, don't hesitate to get in touch (enquiries@explorersconnect.com).

KIT THAT IS PROVIDED

Kayak
Paddle
Wetsuit
Cag/spray jacket
Helmet
Spray deck
Buoyancy Aid

All safety equipment is also carried by your guides although if you wish to carry your own First Aid kit please do. If you are carrying medications you must inform your lead guide before departure.

KIT YOU NEED TO BRING

PERSONAL KIT

Wallet
Mobile phone
Headtorch
Suncream
Camera / and waterproof case or bag (optional)
Any medication you usually take

KITCHEN DRYBAG

Stove (sharing 1 between 2 can save weight)
Fuel
Matches / lighter
Pans
Tin opener / knife
Cutlery (1 x Spork is all that's needed)
Plate & Mug
Black bin bags for rubbish
Water bottle / bladder (minimum 2 litre refillable type)

CLOTHES DRYBAG

Neoprene booties or trainers you're happy to get wet
Paddling trousers (If it's warm a wetsuit won't be required)
Paddling t-shirt (synthetic material – not cotton)
Paddling long-sleeved top
Campsite trousers, t-shirt, Jumper
Underwear
Fleece
Warm hat
Nightwear
Dry footwear for camp (Crocs/Flipflops/Trainers)
Waterproof Jacket & Trousers

BATHROOM DRYBAG

Washbag (Plastic ziplock bag)
Loo roll in plastic ziplock bag
Toothpaste and Brush
Travel towel
Baby wipes

CAMPING GEAR

Small (1-2 man) tent OR bivvy bag
Sleeping bag
Thermarest (Inflatable mats pack smaller but foam are still fine)

FOOD

Breakfast and lunch on Sunday
Dinner on Saturday
Snacks
Beer/Wine/Hip Flask (optional)
Tea bags / Hot chocolate / Cup-a-soup / Coffee / Milk

Meal Ideas

Breakfast – Porridge pots, Muesli, small cereal packets, milk sachets, tea bags, coffee (small bags or sachets)

Lunch – sandwiches, fruit, biscuit bars, pasties, sausage rolls (non-cookable items)

Dinner – Expedition style boil in the bag meals, pre-cooked meals that just require heating on the stove, or instant pasta/noodles etc

Snacks for the day – Chocolate, sweets, cereal bars, dried nuts/fruit

EC CLUB MEMBERSHIP

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