

New Beginner Sea Kayak Expedition Packing List		
<p>Note: This is a bare minimum guide only list with some optional marked items to get you started going on a short overnight trip. It is expected that you build your kit up over time if you plan on going future trips. Remember everything must fit in your own kayak & you should aim to be self sufficient in case of being separated from your group (unlikely but possible) so don't give someone else your tent or food to carry...you might get tired & hungry!! On any wild camping trip you are responsible for bringing back your own rubbish. We always aim to leave a camp site as we found it, so consider this (especially when buying glass bottles)!</p>		
<p>CLUB - this equipment is available from the RWSABC</p>		
Paddling Kit	Reqd This Trip	Packed
Boat (CLUB)		
Paddle (CLUB)		
Wellies / neoprene booties / wet footwear (what you paddle in)		
Paddling trousers / shorts (full wetsuit is not advised for any distance paddling)		
Paddling top & baselayer		
Cag / waterproof top (CLUB)		
Hat / sunglasses		
Spray deck (CLUB)		
Buoyancy Aid / Personal Floating Device (PFD) (CLUB)		
Safety Gear	Reqd This Trip	Packed
Whistle		
Clip-on compass (optional)		
First Aid Kit Small (Optional & Group Leaders will carry some first aid equipment)		
Personal Medication (Min X days +1) (make a "LEADER" aware of any medical condition in the event of an emergency)		
Personal Kit	Reqd This Trip	Packed
Wallet & cash		
Mobile phone (optional)		
Hand / tent / head Torch / spare batteries		
Book / music / other self entertainment incase stuck in tent torrential weather (optional)		
Midge net / insect spray		
Suncream		
Lipsalve / vaseline (optional but recommended)		
'Kitchen' Drybag	Reqd This Trip	Packed
Stove		
Fuel		
Matches / lighter		
Pans		
Tin opener / knife (optional Leaders will have)		
Cutlery / spork		
Mess tin or plate(s) & mug		
Tea bags / hot chocolate / cup-a-soup / coffee (optional)		
Rubbish bags (Carrier bags or so)		
Clothes Drybag	Reqd This Trip	Packed
SPARE Paddling trousers (in the event of capsize/wet) <i>Known as Emergency clothes bag</i>		
SPARE Paddling t-shirt (in the event of capsize/wet) <i>Known as Emergency clothes bag</i>		
SPARE Paddling long-sleeved top (in the event of capsize/wet) <i>Known as Emergency clothes bag</i>		
Campsite trousers / t-shirt		
Underwear		
Fleece (warm jumper)		
Nightwear (optional)		
'Bathroom' Drybag	Reqd This Trip	Packed
Washbag		
Loo roll in plastic ziplock bag		
Disposal bags (optional)		
Travel towel		
Baby wipes		
Soap / wash gel		
Toothbrush & toothpaste		

Camping Gear	Reqd This Trip	Packed
Tent (advised min 2 man but not essential & max 3 man due to pack size)		
Sleeping bag (if buying new look for 3 season otherwise 2 season) (put in drybag or plastic bag to avoid getting wet)		
Pillow (camping or blow up type) (or just use your dry bag of clothes)		
Sleeping mat (camping or blow up type)		
Food	Reqd This Trip	Packed
Breakfast – X days +1		
Lunch- X days +1		
Dinner- X days +1		
Beer / wine.....Bring Extra for the leaders		
Snacks (sweets, chocolate,dried fruit, muesli bars etc)		
Milk (optional but try UHT longlife)		
Tea / coffee / refreshment		
Miscellaneous	Reqd This Trip	Packed
Fresh water carrier (with water)		
Toilet roll (in zip lock bag)		
Kitchen roll (in zip lock bag)		
Hot water flask (tea coffee etc)		
Waterproof jacket & trousers		
Trainers / walking boots / footwear		