



REDNOCK SILVER CANOE KIT LIST



THE ESSENTIALS

- Waterproofs (with Taped Seams) *
- Personal medication (NEW AND IN DATE)
- Personal First Aid Kit
- Mobile phone
- 2 x Wide Neck Water bottles

CLOTHES

2 x Sets of Spare Clothes including...

- Underwear
- Socks
- Base layer tops
- Fleeeces
- Walking Trousers/Leggings
- In Camp Shoes
- Warm Hat/Sun Hat
- Gloves

OTHER MISC KIT

- Sleeping bag, 3 season
- Sleeping mat
- Compass
- Watch
- Whistle
- Headtorch
- Toiletries
- Period products

GROUP KIT

- Matches/Lighter
- Washing up kit
- Sun cream
- Insect repellent

FOOD & EQUIPMENT

- Breakfast
- Lunch
- Supper
- Snacks
- Spoon / Fork
- Cup & Bowl



REDNOCK SILVER CANOE KIT LIST



Clothing you paddle in should be warm, quick drying and light. Lots of layers are better than one thick top. Synthetic base layers and fleeces are best. DO NOT wear jeans and avoid cotton hoodies and other cotton items. When it gets wet cotton becomes very heavy, does not dry quickly, and will not keep you warm.

***WATERPROOFS**

- Both a waterproof jacket and waterproof trousers are essential.
- They must be waterproof. Windproof or water repellent are not sufficient.
- Ensure they have taped seams to stop the water leaking through.
- Jackets must have a hood.

PLEASE NOTE – The Oxford Boat Adventure will supply any specific ‘on water’ kit including dry bags and buoyancy aids.