**Canoe Across Scotland Adventure – Kit List**

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| You will be supplied with the following equipment, unless you let us know otherwise that you would prefer to use your own: |
| **Camping gear** * Tent
* Inflatable sleeping mat
* Cutlery, mug, bowl, plate
 | **Canoe kit** * Buoyancy aid
* Waterproof barrel for personal kit
* Canoe helmet
* Waterproofs (if requested)
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| **We suggest that you take with you:** |  |
| * Sleeping bag & sleeping bag liner if required (for extra warmth)
* Waterproof jacket and trousers
* 2 sets of paddling clothes (lightweight, quick drying trousers, woolly socks, base layer top, t-shirt or shirt)
* Fleece x 2 (1 for paddling, 1 for evening)
* Canoeing shoes/ Trainers that you don’t mind getting wet (no flip flops). Wellies are good too.
* Dry trainers for evenings
* 1 set of warm evening clothes (we hope to have a campfire some nights so take old clothes that you don’t mind getting smoky and dirty)
* Warm gloves depending on time of year.
* Warm hat/ sun hat
* Spare socks and underwear
* Sun cream/ Lip salve/ sunglasses with protective case
* Midge head net & Midge repellent (June to September)
* Toothpaste, toothbrush, shower gel
* Small-medium towel
* Swimming costume if you fancy a swim in a cold loch!
* Torch (preferably head torch)
* Small day sack for waterproofs, snacks, sun cream etc.
* Camera (in waterproof bag if necessary)
* Spare batteries
* Water bottle
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| \*\*\*Please note that cotton and denim clothing are not recommended for paddling in, as they have no thermal properties when wet\*\*\*Bear in mind when packing - that all your personal kit, including sleeping bag and part of a tent - needs to fit into a 60 litre canoe barrel (about the size of an expedition rucksack).All meals will be provided, although we would appreciate help with preparing food, washing dishes and other camp chores. We honestly believe that getting involved in these areas will enrich the experience that you have during the trip and help to bond the group. Remember though, the more kit you take with you, the heavier the loads will be to carry! If you are prone to snacking during the day, then feel free to bring a few snacks bars etc. with you.

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| **Tick it off once you’ve packed it:** | **Yes, it’s packed!** |
| Sleeping bag & sleeping bag liner if required (for extra warmth) |  |
| Waterproof jacket and trousers |  |
| 2 sets of paddling clothes |  |
| Fleece x 2 |  |
| Canoeing shoes/ Trainers or wellies |  |
| Dry trainers for evenings |  |
| 1 set of warm evening clothes |  |
| Warm gloves |  |
| Warm hat/ sun hat |  |
| Spare socks and underwear |  |
| Sun cream/ Lip salve/ sunglasses with protective case |  |
| Midge head net & Midge repellent **(important!)** |  |
| Toothpaste, toothbrush, shower gel |  |
| Small-medium towel |  |
| Swimming costume |  |
| Torch / head torch |  |
| Small day sack |  |
| Camera |  |
| Spare batteries |  |
| Water bottle |  |

If you have any questions about expedition kit, please get in contact at: info@secretadventures.org  |