



WHAT TO BRING ON A WHITEWATER CANOE / RAFTING TRIP

Only Pack The Necessities! Everything has to fit into a 60L barrel

If it doesn't fit it doesn't go!

WHAT TO BRING ON CAMP

- ☐ 1 x good walking shoes to wear at your overnight campsite
- ☐ Sleeping bag (down or high quality synthetic filling)
- ☐ Clothes (3 x T-shirts & shorts, 4 x underwear & socks, 1 x long sleeved shirt or thermal top)
- ☐ Warm pants, jacket/jumper (wool or fleece) & beanie for nights (jeans will not keep you warm – track pants or thermal long-johns preferred) [It can get cold at night]
- ☐ Hat
- ☐ Raincoat (in case)
- ☐ Torch (spare batteries)
- ☐ 2 litre water bottle (can be 2 x 1 litre - old soft drink bottles are good)
- ☐ Toiletries (toothbrush and toothpaste (small or almost empty tube), deodorant, lip balm, sunscreen)
- ☐ Toilet paper (put into plastic bag or clip seal bag)
- ☐ Small bottle of insect repellent
- ☐ First Aid Kit and personal medication/s if required
- ☐ 1 x small towel
- ☐ Females – do not bring makeup, mirrors etc only what is on this list.



ON THE WATER (1 set only)

- ☐ Long sleeved light cotton shirt/rash shirt (no singlets allowed when canoeing or swimming)
- ☐ Long board shorts - quick dry pants
- ☐ Thermal top or wetsuit or old woollen vest or cag (waterproof spray top)
- ☐ Cap with visor to wear under helmet, to keep sun off face

EXTRA

- ☐ Tent – small compact
- ☐ Camera – waterproof only and with floatation device attached
- ☐ 4 x good quality drawstring garbage bags
- ☐ Large clip seal bags for waterproofing

SPARE CLOTHES (leave with support vehicle)

- ☐ 1 x t-shirt
- ☐ 1 x shorts
- ☐ 1 x underwear and socks
- ☐ 1 x jumper

DO NOT BRING ANY ELECTRONIC ITEMS

Phones, radios, MP3 players, game boys / PSP. Most likely it will get wet and be damaged! There is no electricity, and no telephone reception on the property. Any devices will be required to be left in your vehicle or support vehicle.