



Canoe Hike Gear List

All gear should be kept light weight

Clothes

long sleeved shirts x 2,

long trousers light weight

Jumper woollen (keeps in warmth when wet)

Track suit pants (for sleeping in)

Wet Shoes, and dry pair for camp

Swimmers , Shammy towel, Shady hat

Sleeping Bag and inner if you have one!

Hike Tent

Hike Matt

Torch, beanie

Water Bottles

Rain coat light weight

Garbage Bag

Light weight cooking stove

Hike mess kit gear (half tea towel & cleaning pad)

Tooth Brush, Roll on deodorant,

Personnel Medical

Roller bandage, band aids, headache tablets, Sun cream

Food Suggestions (Water proof food containers)

Breaky: Cereal or Bars with condensed milk in a tube

Snacks: Chocolate biscuits, choc

Lunch: dried biscuits or lavish bread, with light weight spreads

Tea: Tinned food or dehydrated

Desert: Tinned desserts

Drinks: Tang satchels, water, tea, coffee, hot chocolate.

Extras: cuppa soups, minute noodles.

Lollies are allowed on canoe hike for energy.