

PACKING LIST.

MULTI-DAY SEA-KAYAK EXPEDITION (JUNE - AUGUST)



	STUFF YOU WILL NEED:	COMMENT
<input type="checkbox"/>	Your personal drysuit	
<input type="checkbox"/>	Paddle shoes, gloves and helmet.	
<input type="checkbox"/>	Dry bags to pack stuff in kayak	Avoid the biggest ones, they are impossible to stuff in the kayak. 5-13 liters are ideal.
<input type="checkbox"/>	Jacket, suitable for outdoor camping	
<input type="checkbox"/>	Pants suitable for outdoor camping	
<input type="checkbox"/>	Thick wool or fleece sweater/jacket	Evenings and nights can get cold
<input type="checkbox"/>	Inner layer for upper body	Thin wool recommended but cotton will do fine. Bring one extra for change if you get wet.
<input type="checkbox"/>	2 pair of warm socks, preferably wool	
<input type="checkbox"/>	Underpants as necessary	
<input type="checkbox"/>	Shorts/bathing suits	
<input type="checkbox"/>	Towel	
<input type="checkbox"/>	Hat or cap	Against sun and mosquitos, and it can get chilly at night.
<input type="checkbox"/>	Buff	
<input type="checkbox"/>	Shoes for use on land	Stable and solid sole is recommended.
<input type="checkbox"/>	Mosquito repellent	
<input type="checkbox"/>	Sunglasses	
<input type="checkbox"/>	Suncream/UV factor	
<input type="checkbox"/>	Hygiene and personal care	Remember medicines if you use any.
<input type="checkbox"/>	Refillable drinking bottle or other drinking device	
<input type="checkbox"/>	Headlamp or torch with batteries	
<input type="checkbox"/>	Knife/multitool	
<input type="checkbox"/>	Mobile phone, camera	
<input type="checkbox"/>	Power bank for charging phones or cameras	
<input type="checkbox"/>	Food, gas and cooking facilities, cutlery	
<input type="checkbox"/>	Personal sleeping mat	
<input type="checkbox"/>	Sleeping bag	Should be comfortable to at least +5 degrees celsius.
<input type="checkbox"/>	Tent	