

Canoe Expedition Kit: Sweden 2016

Packing

For the canoe trip I like to think about my kit being in 3 bags. A Flight bag for the journey. (Its nice if this contains a mini wash kit and a change of clothes). Once the paddling gets underway I'll use 2 bags. Day bag; all items you might need to use during the day. Camp bag; everything else that won't be needed until the evening. You'll need to plan how much food you'll need, this might be separated into daily ration packs. You'll need a couple of full changes of clothes for the canoe trip in case you happen to get wet. Its not necessary to take too many clothes as being a bit smelly is part of the fun! Kit is all a matter of personal preference so enclosed below are some ideas of what you might like to bring but you'll probably make your own list.

All your Kit needs to be in a waterproof dry bag, or more than one dry bag! your on a canoe expedition and if you fall out you do not want all your warm dry kit getting cold and wet with you! we will not be walking great distances with kit so its not imperative its inside a rucksack, a holdall will do as long as your kit is all dry inside a dry bag....did i mention you need a dry bag???

Day bag

Snacks
Water bottle
Lunch
Gloves
Head torch
Hot flask
Food & drink sachets
Buff
Camera
Spare camera batteries
Waterproof notebook
Pencil

Paddling clothes

Cag / waterproof coat
Sallopetes/ waterproof trousers
Boots/shoes (to get wet)
Sun hat/cap/woolly hat
Warm kit/Layers

Camp Bag

Tarp, guy lines, ridge line, pegs
Hammock
Bed roll/under Quilt
Sleeping bag/Top quilt
Head torch batteries
Travel pillow

Bushcraft tools

Axe (your making one)
Knife (fixed blade Mora style)
Folding Saw
Sharpening stone

Whittling kit (if you want)

Crook knife
Draw knife
Sand paper
Carpenters pencil

Insect management

Repellent
Head net
Bite stick/after bite cream
Antihistamine tablets

Clothes

Moisture wicking t-shirt (short sleeve)
Moisture wicking t-shirt (long sleeve)
Leggings base layer
Quick-drying trousers x2 (no jeans)
Fleece top
Underwear
Warm Socks x 4
Gloves
Warm hat
Down Jacket
Walking boots/shoes (to stay dry)
Merino wool base layer
Fleece bottoms
Swim shorts

Wash kit

Baby soap (no polluting lakes)
Micro Towel
Flannel/Wash Mit
Toothbrush
Tooth paste

Toilet kit

Toilet roll
Lighter
Hand sanitiser

Dining Kit

Mug
Plate
Bowl
Knife/fork/spoon

Cooking kit

Pot
Gas
Stove
Lighter

Food pack (one per day for canoe trip)

Breakfast (eg. Porrage)
Snack bar
Snack noodle/pasta sachet
Pita/wraps
Meal pack (eg. Look what we found)
Rice/noodle/pasta pack
Chocolate bar

First aid kit

First field dressing
CAT Tourniquet
Burns dressing

Personal Meds

Paracetamol
Ibuprofen
Imodium
Hydrocortisone cream

Flight bag (non exped phase)

Trousers
T-shirt
Coat
Underwear
Socks
Phone
IPod/earphones
Phone charger
Wallet (Cash cards)
Cash (SEK)
Passport
Flight details/itinerary