

	Coach 1	Coach 2	Coach 3				
Camping:							
Tent							
Table							
Camp chair							
Lamp							
Anti-mosquito thingies							
Food prep:							
Stove x 2							
Kettle							
Large saucepan with lid x 2							
Frying pan x 1							
Saute pan with lid x 1							
Bread knife							
Sharp kitchen knife x 2							
Colander							
Salad bowl x 2							
Corkscrew							
Bottle opener							
Can opener							
Wooden spatula							
BBQ tongs?							
Food:							
Sugar in container?							
1 x frozen meal?							
Food storage:							
Lidded food container x 3							
Cold box							
Freezer blocks x 6							
Cleaning:							
J-cloths, scourer, Fairy liquid							
Washing up bowl							
Tea towels x 4							
River safety:							
Split paddle							
Throwline each							
Sling & karabiner each							
First aid kits							
Shelter							
River guide							
Other:							
Local maps and books							

Whitewater River Trip - Kit List			
Sleeping		Misc	First aid etc
Pillow		Sewing kit	Ibuprofen
Sleeping bag		Waterproof watch	Ibuleve
		Phone	Hayfever stuff
		River Guide/map	Insect repellent
Hygiene			Bite stuff
Washkit			plus plasters and such like
Shampoo			
Hairbrush			
Towel			
Canoe gear		Essentials	Clothes
Kayak		Throwline	for travel and evening
Paddle		First aid kit	
Helmet		Shelter & split paddle (1 per group)	Canoe clothing:
Cagoule		Drink bottle	thermals x 2
Buoyancy aid		Cord	fleeces x 2
Spraydeck		Electrical tape (ideal to prevent blisters)	shorts/trousers
Tape & karabiner		Spare bung for kayak	windproof cagoule
Neoprene/river boots or old trainers		Bag containing change of clothes and large towel for end of river trip	windproof trousers
Kayak mitts (optional)		Wet bag/ bin liner for wet kit	
		Towel	