



Canoe Bushcraft Camping Trip

Kit List

**D of E Expedition practise**

Times/Dates:

Meet school Monday 19<sup>th</sup> Oct. at MCS @ 2pm

Finish Wednesday 21<sup>st</sup> Oct. about 1pm

Cost: £30

Where are we going?

This is somewhat rain dependant, the plan was to camp & paddle on the Teign, staying on some land the school owns. However there is insufficient water in the Teign at the moment, so plan 'B' is to paddle the lower Dart.

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To undertake the assessed expedition they must be proficient enough to undertake all these tasks unsupported, have there 2 star BCU canoe qualification.

We may well find that more practise expeditions are required to meet these requirements.

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**Kit**

Green school provides on loan

Yellow we have some basic equipment we can loan

White you provide



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Dry-bags/Tubs	1	Clothing, sleeping bags need to be double packed. 1) Heavy weight dry bag, with a drybag liner inside. or 2) Dry Tub with a drybag liner inside. 3) Some food & equipment will need to be dry packed & others just packed in suitable containers for the expedition.
Water bottle	1	Some sort of water container, a 1l lemonade bottle would be fine.
First Aid Kit	One per tent group.	Useful but not essential. I carry a extensive Mountain Leader First Aid kit.
Torch		Useful but not essential Head torches are wonderful! If you bring one, bring spare batteries.
Mobile Phone	1	Useful but not essential If you bring one, you need a dry bag for it!
1:25000 Map	1	Must cover complete area you are travelling in.
Camping Shelter		We are making shelters with tarps, canoes, paddles etc. I'll supply what we need.
Sleeping Mat	1	
Bivy Bag	1	These are breathable Gortext type material bags that fit over your sleeping bag & ground sheet to keep you dry. Not essential, but clever bits of kit.
Waterproof Camera		If you have one, they are great. If not I would not bring one.

**Food**

I want you to explore the potential offered by canoe camping & Bushcraft element & so I'm going to introduce you to a whole host of possibilities over the Expo.

Cutlery, Mug, Dish		Spoon, knife & fork (not a sharp knife) + large insulated mug
Flask	1	None essential but nice to have a warm brew up on the hills.
Breakfast		I'm providing these
Snacks		I'm providing these
Lunch		I'm providing these
Dinner		I'm providing these



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**Paddling clothing**

You have a choice here, your feet & knees will get wet!  
Most Canoe paddlers were hiking clothing, with wellies or wet suit boots/shoes.  
Those who have lots of money might wear dry trousers & foot wear as above.

Avoid any **cotton clothing**. (once they get wet, they stay wet & give no insulation at all)  
Polyester, nylon, wool are all fine

**Wetsuit/drysuit**; these are both fine, but often not worn by canoe paddlers as they are not comfortable for the day. Weight is not an issue with canoe paddling, so if you want to try them, bring them along with your dry hiking clothing.

Socks	2 pair	Thick Walking socks or 'Seal Skin' waterproof socks
Base layer	2	Wicking type preferred.
Shirt	2	Long sleeved, thin fleece's work well
Trousers	2 pair	Definitely not jeans or other cotton based trousers or tracksuit bottoms. X-Army style light-weight green trousers are fine.
Fleece Jacket or jersey	2	2 thick jerseys or "fleece jacket". They don't need to be anything fancy a £5 thick fleece from Tesco's is fine.
Foot ware	1	Wellies, wet suit boots/shoes, trainers, walking boots are all fine. Just assume you are going to get wet feet. You might not, but see this as a bonus, don't expect it!
Warm hat	1	
Rain coat & trousers		Again you can wear a kayak cag, but is less usual in canoe paddling.
Buoyancy aid		
Safety helmet		
Canoe & Paddle		



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Warm hat	1	You paddling one might be wet!
Rain coat & trousers		Use your paddling set!

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Foot ware	1	Wellies, wet suit boots/shoes, trainers, walking boots are all fine. Just assume you are going to get wet feet. You might not, but see this as a bonus, don't expect it!
Warm hat	1	
Rain coat & trousers		Again you can wear a kayak cag, but is less usual in canoe paddling.
Buoyancy aid		
Safety helmet		
Canoe & Paddle		



Canoe Bushcraft Camping Trip

Kit List

**Camp Clothing**

Avoid any <b>cotton clothing</b> . (once they get wet, they stay wet & give no insulation at all) Polyester, nylon, wool are all fine		
Socks	1 pair	Thick Walking socks or 'Seal Skin' waterproof socks
Base layer	1	Anything warm & comfortable
Shirt	1	Long sleeved, thin fleece's work well
Trousers	1 pair	Definitely not jeans or other cotton based trousers or tracksuit bottoms. X-Army style light-weight green trousers are fine.
Fleece Jacket or jersey	1	Thick jerseys or "fleece jacket". They don't need to be anything fancy a £5 thick fleece from Tesco's is fine.
Foot ware	1	Something to keep you feet dry in wet grass. Walking boots will work.
Warm hat	1	You paddling one might be wet!
Rain coat & trousers		Use your paddling set!

----- Return ASAP -----

I would like my son/daughter to take part in the Canoe Bushcraft Expedition.

I enclose a cheque for £30.

*Would you please pay theses payments by cheque, marked with the **child's name** & the 'Canoe Expo' written on the back.*

*Also it is of great help to us if they are not amalgamated with other moneys paid to the school, i.e. a separate cheque.*

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Canoe Bushcraft Camping Trip

Kit List

**D of E Expedition practise**

Times/Dates:

Meet school Monday 19<sup>th</sup> Oct. at MCS @ 2pm

Finish Wednesday 21<sup>st</sup> Oct. about 1pm

Cost: £30

Where are we going?

This is somewhat rain dependant, the plan was to camp & paddle on the Teign, staying on some land the school owns. However there is insufficient water in the Teign at the moment, so plan 'B' is to paddle the lower Dart.

Monday night we will camp on the schools land on the Teign, Tuesday night will depend on where we paddle. If we paddle the Dart we will be camping on the Dart. I'm aiming for grade 2 level water, moving water with some minor rapids

Aims:

Building the skill base of what is involved in undertaking a camping expedition by canoe. They have most of the paddling skills & most of the camping skills. It's putting them together.

Then for the D of E they need a purpose for the expedition, which then they have to do a project or presentation on.

The purpose we are looking at is 'Bushcraft' & so on this expedition we are not using tents or cookers, but will be making shelters & fires. So we have the skill base in these tasks to develop.

To undertake the assessed expedition they must be proficient enough to undertake all these tasks unsupported, have there 2 star BCU canoe qualification.

We may well find that more practise expeditions are required to meet these requirements.

Monday

Much of the expedition is in the preparation. So much of Monday afternoon will be sorting out what kit they need & packing it appropriately at school.

Then the camping skills are usually the ones that need to be practised & developed the most, which is why we are out for 2 nights, when the assessed expedition is only 1 night.

**Kit**

Green school provides on loan

Yellow we have some basic equipment we can loan

White you provide



Canoe Bushcraft Camping Trip

Kit List

**Camping Kit**

Item	Quantity	Comments
Dry-bags/Tubs	1	Clothing, sleeping bags need to be double packed. 1) Heavy weight dry bag, with a drybag liner inside. or 2) Dry Tub with a drybag liner inside. 3) Some food & equipment will need to be dry packed & others just packed in suitable containers for the expedition.
Water bottle	1	Some sort of water container, a 1l lemonade bottle would be fine.
First Aid Kit	One per tent group.	Useful but not essential. I carry a extensive Mountain Leader First Aid kit.
Torch		Useful but not essential Head torches are wonderful! If you bring one, bring spare batteries.
Mobile Phone	1	Useful but not essential If you bring one, you need a dry bag for it!
1:25000 Map	1	Must cover complete area you are travelling in.
Camping Shelter		We are making shelters with tarps, canoes, paddles etc. I'll supply what we need.
Sleeping Mat	1	
Bivy Bag	1	These are breathable Gortext type material bags that fit over your sleeping bag & ground sheet to keep you dry. Not essential, but clever bits of kit.
Waterproof Camera		If you have one, they are great. If not I would not bring one.

**Food**

I want you to explore the potential offered by canoe camping & Bushcraft element & so I'm going to introduce you to a whole host of possibilities over the Expo.

Cutlery, Mug, Dish		Spoon, knife & fork (not a sharp knife) + large insulated mug
Flask	1	None essential but nice to have a warm brew up on the hills.
Breakfast		I'm providing these
Snacks		I'm providing these
Lunch		I'm providing these
Dinner		I'm providing these



Canoe Bushcraft Camping Trip

Kit List

**Paddling clothing**

You have a choice here, your feet & knees will get wet!  
Most Canoe paddlers were hiking clothing, with wellies or wet suit boots/shoes.  
Those who have lots of money might wear dry trousers & foot wear as above.

Avoid any **cotton clothing**. (once they get wet, they stay wet & give no insulation at all)  
Polyester, nylon, wool are all fine

**Wetsuit/drysuit**; these are both fine, but often not worn by canoe paddlers as they are not comfortable for the day. Weight is not an issue with canoe paddling, so if you want to try them, bring them along with your dry hiking clothing.

Socks	2 pair	Thick Walking socks or 'Seal Skin' waterproof socks
Base layer	2	Wicking type preferred.
Shirt	2	Long sleeved, thin fleece's work well
Trousers	2 pair	Definitely not jeans or other cotton based trousers or tracksuit bottoms. X-Army style light-weight green trousers are fine.
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