



DofE Canoe Expedition

Kit List

**Aim**

See separate sheet '20 conditions + Aim of Venture + Presentation Ideas'

- What is your aim?
- How will you record information about your aim?  
You're not allowed to take a 'Smartphone' photos must be taken on a camera!
- How are you going to present this?
  - Talk
  - Powerpoint
  - Piece of art
  - Music composition
  - Poem / Story
  - ?
- Who are you going to present this to?
  - Have you asked them?
  - When?

**Kit**

Green school provides on loan

Yellow we have some basic equipment we can loan

White you provide



DofE Canoe Expedition

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 boat	1 per boat, you need to know what is in it!
Torch		At least 1 per tent. Head torches are wonderful! If you bring one, bring spare batteries.
Mobile Phone	1	You need a dry bag for it!
1:25000 Map	1	Laminated map of area you are paddling through, with your route marked on, campsites your staying at etc.
Route Card		Completed in full, which you then adhere to. Blank ones available of school DofE
Tent		
Sleeping Mat	1	
Sleeping Bag	1	2-3 season sleeping bag. In a dry-bag, which will in turn go in your barrel or large dry-bag, so they are double rapped.
Tent	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.
Waterproof note pad & pencil + means of sharpening pencil!		

**Food**

One of the advantages of Canoe camping is weight is not an issue, so canned & liquids could be taken.

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.
For each 24hrs	1	<ul style="list-style-type: none"> <li>• Breakfast inc hot drink.</li> <li>• Snacks</li> <li>• Lunch</li> <li>• Dinner inc. hot drink</li> </ul> See info on web ‘Cooking & Grub’



# Magdalen Court School



## DofE Canoe Expedition

### Kit List



DofE Canoe Expedition

Kit List

**Paddling clothing**

You have a choice here, your feet & knees will get wet!  
Most Canoe paddlers were hiking clothing, with 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	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		



DofE Canoe Expedition

Kit List

**Camp Clothing**

Avoid any **cotton clothing**. (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!