

## EXPLORERS Canoe Trip Packing List

Item	Comment
30L dry-bag	Please check that everything you bring fits in it
Compact Sleeping Bag	Must fit in dry-bag with everything else
Day-bag	Small back-pack to carry the following few items
Sunglasses	Polarised is best
Sunscreen	SPF 30 or higher
Water bottle	Holding 0.75 – 1L
Disposable Camera	Optional
Bug spray	Containing 10% DEET
Chap stick	
Whistle on a lanyard or string	Fox 40 works well
Hair elastics	For long haired people
Hat	
Rain-jacket or poncho	
Closed-Toe shoes that can get wet & dirty	They will
A second pair of foot-wear	E.g. Sandals
Socks & Underwear	Enough for the 5 days
1 pair of pants	Fast drying is best
1 pairs of shorts	Fast drying is best
2 light T-shirts	
1 Sweater	(this will double as a pillow case for sleeping)
1 Swimsuit	
Mittens or gloves	Optional
1 set pajamas	
2 bras	Sports bras if possible.
Small Towel	Camping Towels are best
Earplugs	Optional
After-bite	
Toothbrush	
Toothpaste	(Small)
Any medication required	
Small flashlight or headlamp	
Deodorant	
Comb / Brush	
Feminine hygiene products	If female
Contact Lens fluid / glasses with case	If needed
Small notebook & pen	

**Please do not bring, pillow, jeans, make-up or electronics**

If you have any questions please email: [register@kwasind.com](mailto:register@kwasind.com)