



Young Spirit Dart Canoe Expedition.

Kit list

(kit taken could get dirty, smoky and, damp so older items are recommended)

The list below is a minimum and needs to be adjusted taking in to account the conditions

Clothes to wear on arrival

- Trousers, jogging bottoms or similar preferably not jeans x 1 (maybe shorts!!!)
- T-shirt x1 Jumper/ fleece x1
- Socks x1
- Suitable boots or trainers with good soles.

In a bag suitable for carrying, e.g. small rucksack

- Sun cream
- Warm hat or sun hat
- Packed lunch..
- Drinks bottle
- Waterproof coat (and trousers if possible)

Bedding, overnight and camping kit

- Packed and sealed in a separate soft bag, rucksack or thick double bin bags and labelled
- 2x pair trousers, 2x T-shirt, 2x warm top, 2x pair socks. Underwear
- Wellies, Trainers, crocs and/or shoes for around camp (wellies for on the river and it can be very muddy when wet)
- Sleeping bag or duvet (it is possible that all items taken will get damp and dirty) We can hire sleeping bags for a small fee
- Pillow case,
- Warm nightwear
- Towel
- Toothbrush
- Personal items a soft toy, a book, camera etc (electronic games, mp3s and mobile phones are not encouraged as we can not guarantee they will not be damaged).
- Small torch
- Spoon and plastic mug, bowl

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