



adventurelifelinks
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Padding Kit List

Kit supplied by us on courses (included in course price unless discounts arranged):

- Fully outfitted Royalex We-no-nah Canoe
- Grey owl river paddle and deep water blade
- Poles
- Palm Symbiant Buoyancy Aid
- Helmet
- True North expedition dry sack
- Tarp (if nec.)
- Tracking lines (if nec.)

Personal equipment recommended for paddling in:

- Warm clothing, thermal base layers should weather be inclement
- Waterproofs to wear over warm clothing or base layers for paddling in
- Good footwear, paddling shoes, or trainers to get wet (not wellies)
- Swimming costume
- Shorts and t-shirt for good weather days

Or if you have your own preferred equipment:

- Drysuit/wetsuit (on good weather days these are not necessary)
- Neoprene shorts, or paddling shorts
- Long sleeved cag or/and short sleeved cag
- Footwear

Useful personal items to bring along on the water:

- Water bottle or hydration system
- Sun cream, sun block, lip cream (high factor when on water)
- Sunglasses with retaining strap
- Spare clothing/thermals for use on water if necessary
- Warm hat
- Personal medication
- Photocopy of European health card & passport to carry with you at all times
- Small wash kit for overnight expeditions
- Small first aid kit *
- Flask *
- Map case *
- Extra dry bag *
- Canoe wet kit bag *

* Items are available for hire from adventurelifelinks, see hire kit PDF for full list and prices.