

Expedition Equipment Checklist – Gold Award (canoeing)

All participants should make their own equipment checklists. This list can be used as a guide; items can be added or deleted according to personal needs and experience. All individuals must always carry the personal emergency equipment listed below.

<p><i>PERSONAL EMERGENCY EQUIPMENT</i> (to be carried by each person)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Map <input type="checkbox"/> <u>Compass</u> <input type="checkbox"/> Waterproof watch <input type="checkbox"/> Water resistant torch, spare bulb and battery <input type="checkbox"/> Personal First aid kit (plasters for blisters etc) <input type="checkbox"/> <u>Whistle</u> <input type="checkbox"/> Coins/card for telephone <input type="checkbox"/> Note paper and pencil <input type="checkbox"/> Spare jumper/sweatshirt <input type="checkbox"/> <u>Waterproof top and trousers</u> <input type="checkbox"/> <u>Buoyancy aid</u> <input type="checkbox"/> <u>Bivvy bag</u> <input type="checkbox"/> Pen knife and tin opener <input type="checkbox"/> Emergency food 	<p><i>CLOTHING (one set of clothing should always be kept dry)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Trainers or wetsuit boots <input type="checkbox"/> Shoes to wear ashore (dry) <input type="checkbox"/> Thick socks (one pair- dry) <input type="checkbox"/> 2 x shirts (quick drying, 1wet 1 dry)) <input type="checkbox"/> 2 x fleece or sweat shirt (1 wet, 1 dry) <input type="checkbox"/> Quick drying trousers (dry) <input type="checkbox"/> Shorts <input type="checkbox"/> Underwear/swim suit <input type="checkbox"/> Sun hat and cream <input type="checkbox"/> Woolly hat, scarf and gloves <p><i>BOAT EMERGENCY EQUIPMENT</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Throw Line</u> <input type="checkbox"/> <u>Spare paddle</u> <input type="checkbox"/> <u>Bow and stern lines</u> <input type="checkbox"/> Repair kit including canoe tape and thick plastic sheeting <input type="checkbox"/> <u>Bailer</u> and large sponge
<p><i>PERSONAL CAMPING EQUIPMENT</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Waterproof barrels</u> <input type="checkbox"/> Strong large plastic bags or doubles up bin liners and closure clips (to line your barrel) <input type="checkbox"/> <u>Sleeping bag</u> <input type="checkbox"/> <u>Sleeping bag liner</u> (compulsory of borrowing a bag) <input type="checkbox"/> <u>Sleeping mat</u> <input type="checkbox"/> Money (for camp site fees) <input type="checkbox"/> Knife.fork.spoon <input type="checkbox"/> Small pocket knife <input type="checkbox"/> Plastic mug and bowl or plate <input type="checkbox"/> Soap and towel (small) <input type="checkbox"/> Tooth brush and paste <input type="checkbox"/> Toilet paper <input type="checkbox"/> Camera (preferably waterproof) 	<p><i>GROUP EQUIPMENT</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Tent</u> <input type="checkbox"/> <u>Stove and fuel</u> <input type="checkbox"/> Matches/lighter, sealed in a dry, waterproof container <input type="checkbox"/> Soap pads or sponge with abrasive pad <input type="checkbox"/> Washing up liquid <input type="checkbox"/> Tea towels <input type="checkbox"/> Food (dinner, breakfast and lunch) <input type="checkbox"/> Trowel <input type="checkbox"/> Waterproofed map and route card <input type="checkbox"/> Safety briefing and emergency procedures card <input type="checkbox"/> Emergency mobile phone (switched off) <input type="checkbox"/> Plastic bags for rubbish

All items underlined can be borrowed from Trewern/JRCS. Any items lost or damaged must be replaced at cost price by the students responsible for them.

Items in bold will be provided by the school but each group must check that they have packed these items.