



Kit List for Canoeing in Sweden

IMPORTANT INFORMATION

For this trip, we strongly advise that people should be immunised for TBE (Tick-borne encephalitis). If you have any questions, please do not hesitate to contact us.

- **Sleeping System**

- Hammock and Tarp – we strongly recommend using a hammock and tarp set up. A single or two man tent is also good but areas of flat ground are typically limited at the wilderness camps.
- 3 or 4 Season Sleeping bag – synthetic is recommended over down due to the damp environment.
- Roll matt/insulation matt – Again an essential item and those with hammocks may wish to consider an insulating under blanket to avoid cold spots.

- **Hydration**

- Water bottle – a 1 litre metal bottle is best.
- Hydration system such as Camelback, Platypus, MSR Dromedary systems with a drinking hose (optional)

- **Eating and Drinking**

- Knife, fork, spoon, bowl and mug – these should be of a sturdy construction and the insulating screw cap mugs are perfect for keeping a hot drink with you after striking camp in the mornings.
- Billy can – a small (2l max) stainless steel pot with a lid is ideal. Zebra head billy cans are ideally suited.
- Cleaning equipment – a household sponge and biodegradable soap. In line with our environmental policy we would ask you not to bring soap that will have a detrimental effect on the environment.

- **Clothing**

- Multiple thin layers of clothing are recommended. Synthetic wicking layers to wear next to the skin and several wool mid layers are most appropriate for the conditions we will face.

- Waterproof jacket & trousers – these are essential forming your protective shell layer whilst you are exposed to the weather out on the lakes during the day.
- Full finger gloves or mitts – If possible inner gloves and waterproof outer gloves/mitts are recommended.
- Woolly hat – another essential item. Please pack a spare in your ‘ditch kit’ (see below).
- Fully waterproof footwear – either waterproof walking boots or wellington boots.
- Socks – make sure you pack a dry pair or every day of the trip.
- **Miscellaneous**
 - Cutting tools – A fixed blade general purpose bushcraft knife such as the Mora along with a folding saw is perfect. If unsure as to the suitability of your tools please contact us before departure.
 - An axe – either the Gransfors Bruks Small Forest Axe or the Wildlife hatchet (or equivalents) are recommended for the projects we will undertake. We will be bringing several course axes for participants to try out.
 - Torch & spare batteries – head torch is ideal, as it will leave your hands free to practice your bushcraft. A head torch is not essential; any form of torch will suffice.
 - Personal hygiene kit – Toothpaste, toothbrush, anti-bacterial wipes, toilet paper and talcum powder to keep feet dry and clean at the end of each day. Ear plugs are a good addition for light sleepers as we will be communally accommodated on the first and last nights in a dormitory.
 - Food – we will be providing all of your breakfasts and evening meals during the trip so customers are advised to bring personal rations for lunches enough for 7 days. We would recommend dried rations easily hydrated and heated over a fire in a billy can. Added to this cereal bars, chocolate, nuts, dried fruit and other high energy foods are ideal. Remember once in the nature reserve there are no shops.
 - Tea/Coffee – Enough to last the week plus sugar and whitener. Oxo cubes make a good addition to your brew kit as a change to tea and coffee.
 - Personal first aid kit – this should include as a minimum plasters, anti-bacterial wipes and insect repellent.
 - Personal Medication – this should be clearly labelled in your kit. Please let us know any medical issues prior to leaving the UK.
 - Whistle – this should be kept on your person at all times during the trip.

- Compass – The Silva Type 4 is best suited. We can provide compasses for those without their own but please contact prior to departure to ensure availability.
- Foil blanket – kept somewhere easily accessible.
- Lighter – 2 minimum. One kept on your person and others distributed amongst your kit.
- Rucksack Please bring all of your kit contained in one rucksack, for guidance a 70-80 litre rucksack should suffice. A small 30 litre day sack for essential items is useful to transfer kit into once we are in the boats.

Essential – Ditch Kit

Each person should have at the very top of their rucksack a completely waterproof dry bag containing the following in the event of a capsize into cold water:

- Full change of clean dry clothing including a warm jumper
- Dry clean underwear and socks
- Woolly hat and gloves
- Chocolate bar
- Foil blanket
- Lighter

We will make pre-trip checks on all items contained on this kit list and customers without essential equipment will not be allowed to participate due to safety reasons.

Optional

- Water filter/purification pump – we will provide training and equipment necessary to obtaining clean drinking water during the trip, however, if you have a personal purification device you wish to try out please bring it along.
- Buoyancy aid and paddle – we will provide these but if you wish to bring out your own that is fine.
- Camera – recommend bringing in a secure waterproof container
- Notebook and pencil
- Snacks

If you have purchased any extra kit that you wish to try out then please do feel free to bring this with you to try out. In the interests of safety we would respectfully request you to consult with one of our instructors prior to use in order for us to assess the suitability of such items (e.g. knives or fire lighting equipment).