**Rock The Boat Activities Ltd**

DofE Gold Canoeing Kit List

Updated September 2021

| **Section 1: Clothing** |
| --- |
| **ITEM** | **GOT IT** | **PACKED IT** |
| 1 pair of water shoes/ old trainers/ wetsuit boots ( these shoes need to be closed toe and sturdy) | ☐ | ☐ |
| 2 pair of socks (this is for evening/night use) | ☐ | ☐ |
| 1 pair of waterproof socks (optional) | ☐ | ☐ |
| 3-4 t-shirts (Avoid cotton) | ☐ | ☐ |
| Thermal t-shirt (optional) | ☐ | ☐ |
| 3 comfortable lightweight trousers or shorts to wear on the water (not jeans!) | ☐ | ☐ |
| Underwear | ☐ | ☐ |
| Nightwear | ☐ | ☐ |
| Flipflops/trainers/sandals etc (optional for campsite use) | ☐ | ☐ |
| Warm hat &/or sunhat (as appropriate)  | ☐ | ☐ |
| 1 pair gloves (if appropriate)  | ☐ | ☐ |
| 2 Lightweight fleeces  | ☐ | ☐ |
| Waterproof over-trousers  | ☐ | ☐ |
| Waterproof & windproof Jacket/coat  | ☐ | ☐ |

| **Section 2: Personal Equipment** |
| --- |
| **ITEM** | **GOT IT** | **PACKED IT** |
| Either a ikea bag/ bag for life or rucksack to carry your items in (You will then be transferring your items into a RTBA drybag) | ☐ | ☐ |
| Bin liners or lots of small drybags to divide your items into the RTBA drybags  | ☐ | ☐ |
| Sleeping bag | ☐ | ☐ |
| Sleeping mat | ☐ | ☐ |
| Sleeping bag liner (Optional) | ☐ | ☐ |
| Survival Bag | ☐ | ☐ |
| Whistle | ☐ | ☐ |
| Head Torch (With spare batteries) | ☐ | ☐ |
| Personal First Aid Kit | ☐ | ☐ |
| Personal expedition food (if not arranging with team) | ☐ | ☐ |
| Emergency Rations | ☐ | ☐ |
| Water Bottle (2 litres) | ☐ | ☐ |
| Knife/fork/spoon | ☐ | ☐ |
| Plate/bowl | ☐ | ☐ |
| Mug | ☐ | ☐ |
| Wash kit/personal hygiene items | ☐ | ☐ |
| Sunblock | ☐ | ☐ |
| Towel (Small or Microfibre) | ☐ | ☐ |
| Emergency Money (about £5 in cash is recommended) | ☐ | ☐ |

| **Section 3: Team Equipment** |
| --- |
| **ITEM** | **GOT IT** | **PACKED IT** |
| Watch (Min 2 per group - Phones will be sealed during the expedition) | ☐ | ☐ |
| Notebook and pen/pencil | ☐ | ☐ |
| Matches/lighter (in a waterproof/ziplock bag/container) | ☐ | ☐ |
| Expedition food (If arranging as a team) | ☐ | ☐ |
| Washing equipment (Sponge, scourer, washing-up liquid) | ☐ | ☐ |
| Camera (Phones will be sealed whilst on expedition) |  |  |
| **Supplied by Rock the Boat Activities** |  |  |
| Compass | ☐ | ☐ |
| Tents | ☐ | ☐ |
| Stoves | ☐ | ☐ |
| Maps | ☐ | ☐ |

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit <https://www.dofe.org/shopping/dofe-recommended-kit/>

**Don’t forget you can get 10% off with your D of E card at the following stores; Go Outdoors, Blacks, Millets, Ultimate Outdoors amongst others**