



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)	<input type="checkbox"/>	<input type="checkbox"/>
2 pair of socks (this is for evening/night use)	<input type="checkbox"/>	<input type="checkbox"/>
1 pair of waterproof socks (optional)	<input type="checkbox"/>	<input type="checkbox"/>
3-4 t-shirts (Avoid cotton)	<input type="checkbox"/>	<input type="checkbox"/>
Thermal t-shirt (optional)	<input type="checkbox"/>	<input type="checkbox"/>
3 comfortable lightweight trousers or shorts to wear on the water (not jeans!)	<input type="checkbox"/>	<input type="checkbox"/>
Underwear	<input type="checkbox"/>	<input type="checkbox"/>
Nightwear	<input type="checkbox"/>	<input type="checkbox"/>
Flipflops/trainers/sandals etc (optional for campsite use)	<input type="checkbox"/>	<input type="checkbox"/>
Warm hat &/or sunhat (as appropriate)	<input type="checkbox"/>	<input type="checkbox"/>
1 pair gloves (if appropriate)	<input type="checkbox"/>	<input type="checkbox"/>
2 Lightweight fleeces	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof over-trousers	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof & windproof Jacket/coat	<input type="checkbox"/>	<input type="checkbox"/>

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)	<input type="checkbox"/>	<input type="checkbox"/>
Bin liners or lots of small drybags to divide your items into the RTBA drybags	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping mat	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag liner (Optional)	<input type="checkbox"/>	<input type="checkbox"/>

Survival Bag	<input type="checkbox"/>	<input type="checkbox"/>
Whistle	<input type="checkbox"/>	<input type="checkbox"/>
Head Torch (With spare batteries)	<input type="checkbox"/>	<input type="checkbox"/>
Personal First Aid Kit	<input type="checkbox"/>	<input type="checkbox"/>
Personal expedition food (if not arranging with team)	<input type="checkbox"/>	<input type="checkbox"/>
Emergency Rations	<input type="checkbox"/>	<input type="checkbox"/>
Water Bottle (2 litres)	<input type="checkbox"/>	<input type="checkbox"/>
Knife/fork/spoon	<input type="checkbox"/>	<input type="checkbox"/>
Plate/bowl	<input type="checkbox"/>	<input type="checkbox"/>
Mug	<input type="checkbox"/>	<input type="checkbox"/>
Wash kit/personal hygiene items	<input type="checkbox"/>	<input type="checkbox"/>
Sunblock	<input type="checkbox"/>	<input type="checkbox"/>
Towel (Small or Microfibre)	<input type="checkbox"/>	<input type="checkbox"/>
Emergency Money (about £5 in cash is recommended)	<input type="checkbox"/>	<input type="checkbox"/>

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

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/>

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