



### Gold March Weekend

|   | Got It | Packed It |
|---|--------|-----------|
| A 60-65 litre Rucksack or Duffle Bag (you'll be leaving your kit at base so won't need a big drybag/barrel this time) |        |           |
| A 10-20 litre dry bag for your "day bag" in the Canoe   |        |           |
| 1 litre water bottle - with a way to clip it into your Canoe  |        |           |
| Headtorch (with batteries or powerbank to charge it)  |        |           |
| Canoe Cag with a hood   |        |           |
| Waterproof overtrousers   |        |           |
| Old trainers to paddle in (make sure they have good grip)   |        |           |
| 2 x Fleece  |        |           |
| 3 x Long sleeve baselayer tops  |        |           |
| 3 x Wicking T-Shirts  |        |           |
| 3 x Outdoor trousers / sports joggers (choose materials that dry quickly, avoid cotton)                               |        |           |
| Crocs / sliders / flip flops  |        |           |
| Plenty of socks   |        |           |
| Underwear   |        |           |
| Warm hat and gloves   |        |           |
| Sun hat and sunglasses  |        |           |
| Waterproof jacket for on land incase your cag is soaked, incase vehicle breaks down, etc etc                          |        |           |
| Sleeping bag  |        |           |
| Sleeping mat  |        |           |
| Inflatable pillow   |        |           |
| Trainers for evening / travel   |        |           |
| Clothes for the evening / travel  |        |           |
| PJ's  |        |           |
| Waterproof phone pouch, charging cables, powerbank  |        |           |
| Waterproof watch  |        |           |
| Your medications  |        |           |
| Wash kit with toothbrush, toothpaste, period kit  |        |           |
| Lightweight towel   |        |           |
| Bin bag for separating wet kit  |        |           |
| Wallet/purse with money for Sunday night service station stop   |        |           |
| Why not bring some cards for the evening  |        |           |