

Witney to Westminster Canoe Marathon Kit List

On the River:

Buoyancy Aid
Dry Bag (20-40 litre)
Canoe Paddle
Waterproof jacket & trousers
Day Glo lightweight vest/bib & 'Bright' Hat (for London day)
Sponge (to help keep the boat clean and dry)
Whistle on lanyard (to attach to your Buoyancy Aid)

**If you need A+ to provide any of the above, please contact
Claire.d@adventureplus.org.uk by 20th April 2019**

Seat padding (for example: square of karrimat and tape)
Head Torch
Water sports/Sailing (half finger) gloves (help prevent blisters)
Half Roll Electricians tape (Helps with blisters and cuts)
Small 1st Aid Kit
Camera – waterproof
Swimming costume
Sun cap or hat & warm hat
Sun block & Insect repellent
Water bottle & lunch box
Thermal base layers (*NOT COTTON)
Jogging bottoms*
Fleece & spare*
Old trainers/covered sandals/'crocs' (for canoeing etc)
High energy snacks for the river – ***you'll need them and
you have the perfect excuse to enjoy them*** ☺

Walkie Talkies can be useful on the river
If you have a set, please let us know and bring them along
(With fully charged batteries)

Packed lunch for Saturday

& plenty of snacks to keep you going on the river during the week

Overnight:

Sleeping bag & Pillow case & cushion (Cuddly toy...)
Karrimat / Thermarest
Ear plugs
Eye Mask
Towels and wash kit
At least 3 changes of clothes (at your discretion)
Tea towel & Washing up brush / sponge
Day sack or small kit bag (& spare compact laundry bag)
Moisturiser for dry skin
Plasters & Savlon cream (for small cuts)
Games for the evenings (cards/other)
2 packs of cakes/flapjacks – for the 'common pot'
1 holdall for your kit to be carried in our van – clearly
marked with your name on top and both sides

Things to leave behind

Expensive jewellery & clothing
Music with speakers / iPads etc

Optional

Cameras (waterproof)
Bible (if you have one).
We start each day with a short thought. If you'd like to lead one (4 mins max over breakfast) - please let Will know)

Money for occasional pub grub etc – there are many points of refreshment along the Thames – although alcohol during the day is not recommended.

NB If you have an inhaler (even if it is not often needed) please bring it & keep it with you at all times