



Packing list for trips and courses.

Slip into your kayak and get to know the sea, the cliffs,
yourself and your paddling companions.

Everything comes closer, more vital and simply enthralling.
Welcome!

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Packing list for trips and courses:

Tent (mountain)

Sleeping bag

Sleeping mat

Pyjamas

Underwear

Toiletries (suitable for washing in salt water)

Waterproof clothing (trousers and jacket with hood/hat that can withstand a day's rain)

Rubber boots

Towel

Swimwear

Paddling clothes

Shorts

T-shirt

Sandals

Thin trousers and long armed t-shirt for cold weather

Change of clothing

Woolen jumper or similar (for late evenings)

Cap/sun hat

Sun lotion

Plates, cutlery and mug

Thermos

Water bottle (1,5l)

Knife

Sitting mat

Items(equipment for personal use (eg reference book - flora & fauna, pen, noteboook, camera)