



DofE Packrafting Expedition Kit List

As an experienced expedition provider we know that a large part of enjoying a successful expedition means carrying the right equipment and having appropriate clothing. The clothing and equipment we carry serves three purposes.

1. Safety
2. Comfort
3. Function

These three purposes are fundamental to a successful expedition. With our experience we have put together a kit list that allows a good base level of comfort, function and safety.

For safety reasons unless noted all clothing, equipment and group items listed as required are to be considered compulsory. All clothing, equipment and group items will be checked and assessed by at the start of an expedition. Unsuitable clothing, equipment or group items may result in the expedition being cancelled.

Clothing materials are important to both safety and comfort. Cotton clothing is heavy and when it gets wet it holds water which will not warm up – It is not an appropriate material for expeditions. Instead synthetic fabrics which dry quickly and remain warm when wet are essential.

The kit list should be used in preparation for the expedition, participants can tick off items as they pack. All pre ticked items are provided by Emmaus Adventure.

Required Personal Clothing and Equipment

✓	Item	✓	Item
	2- or 3-layer Gore-Tex, Nikwax Analogy fabric or similar Waterproof & Windproof jacket with taped seams and a hood	✓	Rucksack (approx. 50 litres) – adjusted to fit your back
	2- or 3-layer Gore-Tex, Nikwax Analogy fabric or similar Waterproof & Windproof over-trousers with taped seams.	✓	Rucksack liner
	Light weight Walking boots (broken in) with ankle support and good lugs.		Footwear for packrafting. Feet will get wet while getting in and out of the packraft. Good water footwear combined with neoprene/fleece socks is essential. **
	(Minimal) Clothing (all items to be either worn or carried in waterproof bag as spare clothing): <ul style="list-style-type: none"> ■ Walking socks ■ 1 pair light socks for tent ■ 1 Pair of quick drying fleece or neoprene socks ** for the water ■ 2 synthetic T-shirt ■ 1 long sleeved thermal top ■ 2 fleece/power stretch jumper ■ 1 synthetic (NOT DOWN) insulation jacket with hood OR 1 thick fleece jacket with hood ■ 2 pair quick-dry walking trousers (not jeans/cotton) ■ 1 pair thermal leggings ■ 1 Pair Shorts ■ Synthetic Underwear ■ Fleece Gloves ■ Fleece beanie 		Torch (preferably a head torch)
			Water bottle <u>1 litre minimum</u>
			✓ Spork/spoon
			✓ Plastic bowl & mug
			Personal medication & blister plasters
			Personal hygiene items (toothbrush etc)
			Towel. Needs to be packable and lightweight.
			Sunglasses (with strap)
			Sunhat. lightweight with 360 rim.
			Suncream (minimum factor 30)
✓	Bouyancy aid		Sleeping bag
✓	Inflation bag		Foam Sleeping mat
✓	Alpacka Caribou Packraft		Midge net (June-September only)
✓	Kayak paddles (splits)		

** Such as the Lomo 3mm neoprene wetsuit booties or similar <https://www.lomo.co.uk/catalog/wetsuit-boots-1.html#SID=148>

Required Group Equipment (to carry between the team)

✓	Item	✓	Item
✓	Tents	✓	Garmin In Reach mini to be used only in case of emergency (following the Emmaus Procedures).
✓	Camping stoves & pans		Lighter/Firesteel/box of matches in waterproof container
✓	Fuel in an appropriate and safe container	✓	Expedition Food (lightweight) (including snacks and emergency food) – remove excess packaging and organise days/meals together
	Maps (OS 1:50000) Minimum of 3 per team. a. 1 with route drawn (memory map or DofE mapping) b. 1 plain c. 1 Spare plain		Hygiene items to share between the group (toothpaste, baby-wipes, insect repellent etc)
	Route Cards Minimum of 3 per team. 2 for team and 1 for supervisor.		Water purifying tablets
	Mapcases (minimum 2 per team)		Toilet paper in plastic bag
✓	Compasses (minimum 2 per team)	✓	Trowel
	Emergency whistles (minimum 2 per team)		Scourer/cleaning kit for stove
✓	Group First Aid Kit x 1	✓	Tick remover
	Spare boot laces/string	✓	Packraft Repair Kit x 2
✓	Packraft Pump x 2		

Optional Extras for Consideration

✓	Item	✓	Item
	After-sun		Camera
	Small Umbrella (for rain and sun)		Money
	Watch		Camera
	Sharpie, notebook and pen/pencil		Small pocket knife/multitool
	Buff		Mobile Phone - Waterproofed
	Book		