

## **KIT LIST**

Passport (6 months validity after trip)  
Other relevant documentation (visas, unabridged  
birth certificates, affidavits, vehicle papers, etc)  
Sleeping bag  
Mattress (mat or inflatable)  
Small tent and/or groundsheet  
Torch  
Eating utensils, plate, mug  
Black bags (6 heavy duty)  
Old beach umbrella (important in summer)

Toiletries (biodegradable)  
Sunblock & Lip ice SPF 30  
After-sun cream  
Insect repellent  
Toilet paper (2 rolls)  
Plasters & personal medication

### **Snacks (if required)**

**Drinks:** - drinking water - bring with you or purchase at the base camp  
- hard & soft drinks (no glass please)  
- tea & coffee is supplied

PLEASE NOTE YOU WILL DRINK MORE THAN YOU THINK YOU WILL SO BE SURE TO BRING ENOUGH ALONG! EXTRA DRINKS CAN ALSO BE PURCHASED AT THE BASE CAMP.

- ★ There are 2 people per canoe.
- ★ Supplied per canoe: 4 x 25-litre buckets (2 per person) and 1 cooler box (±45 litres) with ice.
- ★ Surplus drinks and goods can be placed in a small old rucksack and strapped into the canoe.
- ★ A small waterproof "dry bag" for quick and easy access to and safe storage of cameras, sunblock, daily snacks, etc can be useful. If required, these can be purchased at outdoor shops.

### **TIPS FOR SAVING YOUR ICE**

The warm conditions that make our paddling trips so enjoyable are unfortunately the same conditions that melt ice! Please take note of these tips to make your ice last as long as possible:

- put as many of your drinks as possible in your fridge/freezer at home;
- bring drinks up in a cooler box with lots of ice - this will ensure that the drinks you pack into the cooler box that we supply you with are cold and not warm;
- freeze bottles of water at home (2L milk bottles work well); you can put these into your cooler box as additional ice blocks and can also drink the cold water as the ice melts;
- bring an old beach umbrella along (see above) so that your cooler box can be in the shade as much as possible;
- when you receive your ice the morning you start paddling, put it into your cooler box immediately, close the lid and put it in the shade;
- there are bar facilities at the base camp to purchase cold drinks and ice for your first night.

T-shirts (2)  
Shorts / Swimming costume  
Takkies / crocs / aqua shoes  
Long-sleeved T-shirt  
Hat / cap  
Sunglasses with ties  
Towel / Kikoy / Sarong  
Windbreaker  
Warm clothes for evening  
  
Water scoop (eg. HTH bottle)  
Rope (to tie goods down with if necessary)  
Camera (optional)  
Gloves (optional)  
Fishing gear (optional)  
Fold-up chairs (optional)