



Gear list for kayak trip

HEMSÖ KAJAK & MTB

— HÖGA KUSTEN —

We provide

- Kayak
- Life jacket
- Map
- Paddle
- Spray skirt

Clothing

- Base Layer
- Hat
- Mittens
- Rainwear
- Shoes to wear on land
- Shorts
- Socks
- Sun-shielding hat
- Swimwear
- T-shirt
- Trousers for outdoor use
- Underwear
- Warm sweater (inulation)
- Shoes / sandals when paddling

Supplies

- Cookset and utensils
- Dishes, bowls and cups
- Matches
- Meals and snacks
- Stove and fuel
- Water bottles (filled)**
(3L/person/day)

Camping

- Sleeping bag
- Sleeping pad
- Tent

Miscellaneous

- Compass**
- First-aid supplies**
- Cell phone in protective bag**
- Camera
- Dry bags
- Headlamp or flashlight
- Insect repellent
- Knife or multi-tool
- Personal Care
- Personal medications
- Plastic bag for debris
- Repair/duct tape
- Sunglasses
- Sunscreen
- Toilet paper and sanitation trowel
- Towel

Your notes:
