

# PACKING & EQUIPMENT LIST



## Shoalhaven Gorge

Canoeing & Camping Trip



# CLOTHING & EQUIPMENT

Selecting the right clothes and other gear and equipment according to the weather and climate, is essential to avoid unnecessary complications and to make your trip as comfortable as possible.

A Blue clothing and equipment barrel will be allocated to everyone on arrival. You can place your items inside this barrel to keep them dry.



## CLOTHING

- Waterproof wind jacket with hood
- Fleece jumper
- 1x shirt (merino material is best. Cotton is not great to sweat in)
- Long sleeve shirt for protection from the sun
- Thermal top and thermal bottoms (especially winter or cooler months)
- Lightweight camp trousers
- 2-3x pair of socks (merino material is best)
- Swimmers
- Towel
- Cotton sarong for extra sun protection and cooling

## HEAD AND HAND

- Lightweight gloves (inner thermal gloves and outer windproof and waterproof gloves) for colder months to wear around camp or canoeing
- Paddle gloves (optional but very handy and help with blisters)
- Bandana/buff or head scarf
- Beanie (cooler months)
- Sun hat
- Headlamp with extra batteries for camp
- Sunglasses with UV protection (strap is useful)

## FEET

- Socks x 2-3 pairs (Merino) for around camp or to wear while canoeing to keep your feet warm in cooler months
- Sand-shoes or paddle shoes (either are fine/something you don't mind getting wet that is enclosed)
- Camp sandals (can also be worn in the canoe)
- Ugg boots for around camp
- Sturdy shoes that can get wet, Teva, Chacos, Keens, other water sandals or old runners (No thongs please)

## Toiletries and personal hygiene

- Toothbrush and toothpaste
- Deodorants
- Sunscreen cream
- Lip balm
- Female hygiene products
- Anti-bacterial hand wash
- Small quick-dry micro towel
- Ear plugs / eye mask
- Packet of little tissues
- Personal medication

## ACCESSORIES

- Sleeping bag (three seasons)
- Small bag for your items such as a "country road" style carry bag or dry bag for items that can be placed in the canoe or inside the barrel
- Pillow
- Tent, unless hiring from us
- Sleeping mat. [View this example](#)
- Camp chair



## PERSONAL HYGINE

- Wet wipes (baby wipes)
- Tissue/toilet roll (small packets are handy)
- Zip lock bags for personal rubbish

## WATER

- Please pack 3L water with you. We suggest a water bladder and a water bottle (two separate carries) or 3 1L bottles is also fine

## EXTRAS

- Camera or phone to take photos
- Phone power bank and cords (optional)
- Alcohol for camp
- Rubbish bag (for dirty or wet items)
- Clothes to get changed into back at your car
- Any personal snacks (we have plenty!)
- *Lunch for day 1 (overnight trip only)*



PLEASE FOLLOW THE PACKING LIST CAREFULLY AND [CONTACT OUR TEAM](#) IF YOU HAVE QUESTIONS.

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