



# ORANGE RIVER CANOEING STANDARD PERSONAL KIT LIST



Here is an easy to use Kit List. All you need to do is print it out and tick the boxes!! Enjoy packing for your adventure!

## ESSENTIAL

- o Passport

Got	To Buy	Packed

## CAMPING GOODIES

- o Tent (optional) \*
- o Stretcher / Ground Mat (flat/Inflatable)
- o Sleeping Bag
- o Small pillow
- o Camping Chair
- o Torch / headlamp (incl spare batteries)
- o Umbrella


## CLOTHING

### On River

- o Costume
- o Shorts
- o Long sleeve linen/cotton shirt
- o Kikoi/wraparound
- o Cap or wide brim hat
- o River shoes (tekkies, crocs, aqua shoes, etc)

### Off River

- o T-shirt
- o Shorts
- o Tracksuit (warm suit for winter)
- o Windbreaker
- o Socks
- o Beanie/buff (especially in winter)
- o Shoes


## REFRESHMENTS & SNACKS

- o NO GLASS CONTAINERS
- o Water \*\*
- o Soft Drinks
- o Alcoholic Drinks
- o Mix-a-drink sachetts eg Game
- o Snacks


## OPTIONAL EXTRAS

- o Beach umbrella
- o Fishing Rod
- o Camera
- o Binoculars
- o Cricket bats, rugby balls, frisbees etc
- o Book


## FOR PACKING

- o Refuse bags (6 per person) (not black)

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## TOILETRIES & MEDICATION

- o Biodegradable soap/shampoo
- o Towel
- o Personal toiletries
- o Personal medication
- o Insect repellent


## SUN PROTECTION \*\*\*

- o UV Sunglasses (cord essential)
- o 25+ SPF Sunblock
- o Good lip ice
- o Umbrella


**\*Tents:** Own tents are welcome. We do suggest it for the months of June to August to shelter from the dew formation during the night. Use a 2/3 man tent, for which there is ample packing space on your boat. Tents can also be used as shelter from the sun, wind, other people, cold and rain any time during the year!

**\*\*Water:** River water is ok for drinking (depending on water level) but is not recommended. Preferably bring tap or mineral water from home (1+ liters pp per day). The recommended water intake per day is 2 liters pp per day, including soft drinks, tea, etc.

**\*\*\*NB!** Do bear in mind that you are entering a desert area and that you will be exposed to the sun for several hours of the day, the suns reflection off the water is intense and so is the heat. Wear sunglasses with sufficient UV protection and cover yourself with sufficient sunblock and lip ice. A beach umbrella can ensure shade at all times onland and on water. Remember to bring a cord for your glasses so that you do not lose them.

[www.orangeriver.co.za](http://www.orangeriver.co.za)

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