BIGFOOT ADVENTURES

ADVENTUROUS JOURNEY CANOEING GEAR LIST

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD
AOTEAROA NEW ZEALAND | HILLARY AWARD

CONTACT DETAILS

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CANOEING

Important Note -
NO cotton clothing will be allowed on the trip.

Cotton holds water and takes heat away from the body. You will get cold quickly and will not have protection from the wind and rain.
DO NOT bring any cotton.

Everything needs to be waterproofed i.e. wrapped in double layer rubbish bags as a **minimum**.

At **Gold Level**, you should be largely sufficient and source this gear yourself.

All **Macpac** stores offer 30% off Macpac brand items for Duke of Ed participants.

Bivouac Outdoor Albany store offers 15% off for Duke of Ed participants.

Living Simply offers 15% off for Duke of Ed participants, and the ability to hire tramping boots and sleeping bags. Check out their hire equipment here.

Bigfoot Adventures will supply;

- Emergency Communication Device and VHF.
- Group First Aid Kit.
- Bush rope and emergency shelter.
- Maps.
- Canoes, paddles and all safety related equipment ie. buoyancy aids, rescue equipment.
- Any gear hired at registration.

- [ ] **Closed-toe Footwear**
Must be suitable for getting wet and have a thick sole to withstand oyster shell cuts (old trainers, wetsuit booties, thick sole beach shoes).

- [ ] **Togs and Towel**
For swimming and washing.

- [ ] **Rash Vest, Neoprene Vest and Shorts**
To protect you against rashes caused by abrasion and sunburn.

- [ ] **Quick Dry Shorts and T-Shirt**
No cotton!

- [ ] **Light Waterproof and Windproof Jacket**
To keep you warm and dry.

- [ ] **Wetsuit**
To keep you warm - the river can be very cold.

- [ ] **Water Bottles**
2 x 2 litre capacity minimum.

- [ ] **Sun Hat, Sunglasses and Sunscreen**
Sun protection is important during all seasons.

- [ ] **Dry Bags**
We recommend 5L to 15L dry bags to keep key items dry e.g. your warm thermal layers. Find examples of dry bags here. Alternatively, you can use a pack liner or heavy duty black bags.

- [ ] **Watch (optional)**
Useful for alarms, time and navigation.

- [ ] **Compass**
Essential for navigation.

- [ ] **Camera (optional)**
With waterproof cover/case for protection.

PERSONAL EQUIPMENT

- [ ] **Waterproof Over-trousers**
Waterproof and windproof. Gortex-made is best. See examples here. This item can be hired from Bigfoot.

- [ ] **Warm Thermal Layers (Top and Bottoms)**
These are the base layers that keep your core warm. Pack 2 x thermal long sleeve tops and 2 x thermal bottoms. 1 for walking, and 1 clean pair for at camp. This item can be hired from Bigfoot.

- [ ] **Fleece Pants & Extra Thermals**
Ensures that you are warm at camp and at night time. The key is to keep one set of dry clothes for night time and re-use wet ones for day time.

- [ ] **Underwear**
One for evey day that you are away.

- [ ] **Woolen Socks**
2 x pairs to use at camp.

- [ ] **Camp Shoes**
Slides, crocs or jandals. See examples here.

- [ ] **Toiletries & Insect Repellent**
Toothbrush and toothpaste (travel size are ideal).

- [ ] **Period Products**
Bring a supply & a zip-lock bag for rubbish (whether it is due or not).

- [ ] **Toilet Paper & Hand Sanitiser**
Put in a zip-lock bag to ensure that they stay dry.

- [ ] **Sleeping Bag**
A separation from the ground that keeps you warm throughout the night. There are many factors that should be considered when choosing a sleeping bag. Follow the link to help you choose a sleeping bag here. You can waterproof your sleeping bag by putting it in a rubbish bag and tying it off.

- [ ] **Bed Roll**
An extra separation from the ground to provide comfort and reduce heart loss.

- [ ] **Head Torch & Batteries**
For helping you see at night and early in the morning (with spare batteries).

- [ ] **Bowl/Plate/Cup/Cutlery**
Just a bowl can work for breakfast and dinner. You can get collapsable bowls here which save space in your pack.

GROUP EQUIPMENT
(TO SHARE IN GROUP OF 3)

- [ ] **3 Person Tent**
You will be sharing a tent with 1 or 2 other people, and will be dividing the pieces of the tent up amongst your friends and their packs. This item can be hired from Bigfoot.

- [ ] **Stove**
A low to the ground stove is best so it limits the chance of it falling over. Examples of stoves here. This item can be hired from Bigfoot.

- [ ] **Cooking Pot**
Something to cook your food in that is big enough for your group's meal. Find an example here. This item can be hired from Bigfoot.

- [ ] **Gas & Fuel**
Gas to fuel your stove and cook your food. See examples here. This item can be hired from Bigfoot.

- [ ] **Lighters/Matches**
To use with your cooker. These items can be hired from Bigfoot with the gas cooker and fuel.

- [ ] **Biodegradable Detergent**
In a small container to clean dishes.

- [ ] **Scouring Sponge**
To clean dishes. This item can be hired from Bigfoot with gas cooker and fuel.

FOOD & WATER

YOU CANNOT BUY FOOD ON THE TRACK. CARRY ALL OF THE MEALS AND SNACKS YOU WILL NEED, PLUS SOME SPARE, AND A WATER BOTTLE.

- [ ] **Water**
  Take a minimum of 2 x 2 litres of water with you. Please note that water will NOT be available while kayaking so you need to ensure you have enough. When you reach shore or get to camp, there will be taps or a stream to collect water which can be treated for drinking or cooking.

- [ ] **Water Treatment Tablets**
  Take 5-10 tablets to put in your water when the water is gathered from an untreated place (e.g. from a stream, a tap – if not bore). Water treatment tablets can be purchased from chemists.

- [ ] **Breakfast**
  Quick oats/porridge, muesli, dried fruit, milk powder.

- [ ] **Snacks**
  Scroggin (nuts/raisins/seeds), muesli bars, fresh or dried fruit/veggies, jerky, tuna/salmon, crackers with hummus dip or cheese, chocolate for an energy boost. Take 50% more than you would normally eat on an average day.

- [ ] **Lunch**
  A non-cooked meal like crackers/cabin bread, bread (sandwiches), pita bread/bagels etc, spreads such as cheese, hummus, salami, peanut butter, vegemite, canned fish, boiled eggs, biscuits/cake, fruit/veggies (such as carrot, celery, cherry tomatoes), couscous (cooks faster than rice).

- [ ] **Dinner**
  Soup mix, rice, pasta, dried veggies, dried beans, couscous, lentils. Avoid bringing cans and try to bring the least amount of packaging you can, as you have to carry it.