

Gear list – 2 Day Consolidation Course

Camp Clothing

- Sturdy footwear (gumboots, crocks, trainers)
- 1x Pants/shorts (not cotton)
- 1x Base layer bottoms (Polyester or wool)
- 2x Base layer top (Polyester or wool)
- 2x shirts (not cotton)
- 1x Beanie
- 1x Fleece gloves
- 1x Wool socks
- 1x Jumper fleece/wool
- 1x Down/synthetic jacket
- 1x Waterproof jacket
- 1x Towel (fast drying)

Paddling Equipment

- 1x Sea kayak (fore & aft storage compartments) *
- 1x Paddle*
- 1x Spray skirt*
- 1x Paddle float*
- 1x Bilge pump*
- 3-5x Dry bags (15-20 litres maximum) enough to fit spare clothes, sleeping bag and water sensitive equipment. *
- 1x PFD*
- Helmet*
- 1x waterproof phone/camera case (double zip lock bagged works also)

Paddling Clothing

- 1x Wetsuit booties/sandals/boat shoes
- 1x Spray jacket or raincoat
- 1x Spray pants (optional)
- 1x Neoprene gloves/pogies (optional)
- 1x Sun hat
- 1x Sunglasses + cord
- 1x Thermal leggings (not cotton)
- 1x Thermal top (not cotton)
- 1x Fleece top
- 1x Boardshorts/swimsuit
- 1x Neck gaiter

Camping Equipment/Other

- 1x Tent*
- 1x Sleeping bag
- 1x Sleeping mat*
- 1x Cooker/gas/pot*
- 1x Fork/spoon/bowl
- 1x Pocket knife
- 1x Head torch/torch
- 1x Personal meds (if needed)
- 1x Toothbrush/toothpaste
- 1x Toilet paper/sanitiser
- 1x Notebook & pencil (optional)
- 1x 1 litre water bottle
- 1x 2-3 litre water bladder

Food

- 2x Lunch (food that does not need to be cooked)
- 1x Dinner (a hot meal)
- 1x Breakfast (can be a cooked meal)
- Snacks

*Can be supplied by OENZ (Prior arrangement required)

*With plenty of room in the kayaks, weight and space is not a concern when it comes to food. For example, tinned food, pre-made soups, fresh vegetables, milk etc.

Note: Please do not bring /pack any cotton items as these are not suitable for this course.