

Sea Kayak Challenge 2024 Kit List

Clothing for kayaking:

'Long john' wetsuit (recommended) or...

Waterproof kayaking trousers with thermal leggings underneath

Long sleeved thermal top / long sleeve rash vest

Fleece x 2 (or similar)

Warm jacket

Warm hat / buff

Sun hat / peaked cap

Sun glasses

Sun screen / lip salve

Wet suit boots or sturdy sandals / trainers you don't mind getting wet

Waterproof cag (kayak jacket)

Included with the boats:

- buoyancy aid
- paddle
- spray deck

Non-kayaking clothing:

Casual clothes and shoes / boots

Waterproof jacket and trousers

Warm hat

Gloves & gardening gloves for litter picking

We can provide:

- long-john wetsuit - £30
- waterproof cag - £20

Camping Kit:

Tent

Roll mat or therma-rest

Sleeping bag

Cooker (the team could liaise and share a cooker between 2)

Cooking pan(s)

Mug and knife, fork, spoon

Gas / fuel

Head torch / torch – spare batteries

Wash kit and personal medical kit (Nick and Mark are both trained Outdoor First Aiders)

A few large and small 'dry-bags' to protect kit in sea kayak holds (life venture bags or sturdy plastic bags)

Do contact me if you have any questions - nmba01@gmail.com

Looking forward to meeting you all in July

Nick and Nils