



'At One With Nature' Spey Descent What To Bring' List

Clothing:

Comfortable, warm layers for paddling ~ fleece materials or similar/jogging bottoms, etc. Avoid cotton items and no denim please ~ these have little insular value when dry and none when wet. Basically need to stay cosy but shorts are good to have for when the sun shines! Waterproof shell i.e. cagoule type jacket & over-trousers. (Wet suits or dry suits not appropriate.) Change of clothes for evening around campsite/pub on last evening. Casual wear ~ although there is an element of luxury built into your Spey Journey, nothing posh clothes-wise is required.

Footwear:

Two pairs of training shoes or similar (even light walking boots or robust, 'outdoor' sandals) ~ one pair that you don't mind getting wet whilst in the boat, plus one pair for wearing around the campsite in the evening ~ grass can be wet. Light-weight, sailing type wellies are good for keeping feet drier but there is a risk of losing them in the event of capsizing! (Dry socks for 'on land times' are always a comfort.)

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|----------------------------|---------------------------------------------------------------------------|
| Personal Toiletries | Minimal! |
| Toilet Roll | Many uses! |
| Towel | For drying off whilst on ~ or having been in(!) the river |
| Sun block | It is sunny sometimes but also high level of UV reflection from the water |
| Insect Repellent | Midge head-net/hat recommended) |
| Hat | Warm/Sun protection |
| Torch | Head torches are good |
| Camera | 'reasonably safe' stored in one of our smaller dry bags |
| Water | Can be a Zig type bottle or just some bottled ~ can be refilled en route. |
| Cash/Cards | Any pub drinks |
| Teddy Bear | It's ok. We understand. |

For your Journey we will normally provide the following ~

- On 3 or 4-Day Journey ~ 1 night D.B&B at The Beeches: 2 nights D.B&B on a 5-Day Journey.
- All camp/packed food ~ Breakfast, lunch, snacks & dinner ~ All very ample and tasty!
- All technical canoe & camping equipment
- Incl. - canoes, buoyancy aids, *helmets, wooden paddles, rescue-systems (ropes/karabiners), knee-pads, bailers & sponges, **waterproof rucksack, **barrel, small dry bag (for regularly accessed items ~ e.g. camera, spare top), 2 person tents, Thermarest-type inflating camping mattresses, stoves, camping utensils, midge-nets, group Tipi.

(* not necessary to wear all the time: **normally 1 of each per boat)

Road transport 'shuttles' to start location(s) & back from finishing-point ~ normally Speybay.

(We have available a limited supply of items such as fleeces, waterproofs, etc., should you have difficulty in providing such items.)

Please remember that we are embarking upon a self-contained canoe expedition. Whilst we incorporate many little luxuries and wish you to be comfortable and enjoy your experience, space is at a premium and we must travel light.

Turn up with just your clothing and a sleeping-bag ~ everything else is here, ready for you!