



Spirit of the Spey – 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 and casual wear for daytime visits to distilleries and historical venues ~ also, for around the hotel ~ dining etc., each evening.

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 on days 'on land' and in the evening. Light-weight, sailing type wellies are good for keeping feet drier but there is a risk of losing them in the event of capsizing!

Personal Toiletries

- **Towel** (For drying off whilst on 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 ~ normally only required whilst on land.)
- **Hat** Warm/Sun protection
- **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 hotel/pub drinks/meals/other items not included in your Journey descriptor
- **Teddy Bear** Its ok ~ we understand.

For your Journey we will provide the following ~

- High quality accommodation and delicious food in carefully selected hotels/restaurants.
- All packed lunches, snacks & drinks ~ teas, coffee etc.
- All entry fees to distilleries/castles, etc.
- All technical canoeing 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), on-river teas/coffees, etc., midge-nets.

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

Road transport to distilleries and hotels as appropriate. Also, to start location each day & ultimately back from finishing-point ~ normally Spey Bay.

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