

Packing List for 6-day tours

- Tent (wind resistant)
- Sleeping bag
- Sleeping mat
- Pajamas
- Underwear
- Toiletries (adapt for salt water)
- Waterproof clothing (pants and jacket with hood or hat that can withstand a day's rain)
- Rubber boots
- Towel
- swimsuits
- paddling Clothing:
 - 2 Shorts
 - 2 T-shirt
 - sandals
 - 2 Thin trousers and long-sleeved t-shirt for cooler weather.
 - 1 set change clothes (extra)
- 1 - 2 Wool sweaters or similar (for late nights)
- wool underwear (sweater and pants)
- Cap / sun hat Solution
- Plates, cutlery and a cup
- Water Bottle (1.5L)
- Knife
- Sitting mat
- Other (e.g. notebook, flora & fauna book, pen, camera)



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