




Equipment List

<p>FOR THE TRIP</p> 	<ul style="list-style-type: none"> · 1 Dry bag OR 1 large backpack or duffle bag (Not suitcases with wheels) · Plastic garbage bags 110 x 120 cm. extra resistant · 1 small backpack · Sneakers · 1 pair of sweat pants or synthetic pants · Synthetic short sleeve t-shirt · A warm fleece or jacket
<p>TOILETRIES</p>	<ul style="list-style-type: none"> · Toothbrush · Toothpaste · Towel · Soap · Deodorant
<p>CLOTHING</p>	<ul style="list-style-type: none"> · Underwear for 3 days · 3 pairs of athletic socks · 1 short sleeve t-shirt · 1 long sleeve shirt · 1 hat or cap for the sun · 1 wool hat · 1 bathing suit · 1 pair of shorts
<p>FOR SLEEPING</p> 	<ul style="list-style-type: none"> · Sleeping bag (-5°C) · Sleeping mat/pad (Not Inflatable Mattress) · Pajamas · Small flashlight
<p>FOR OUR PROTECTION</p> 	<ul style="list-style-type: none"> · Sunblock · Lip balm · Insect repellent · Sunglasses · Water bottle (1,5 litre minimum) · Water shoes or a 2nd pair of sneakers for the water (Not flip-flops) · 1 Windbreaker jacket · Cycling gloves (for rowing)
<p>CAMP UTENSILS NOT DISPOSABLE</p>	<ul style="list-style-type: none"> · Plate/bowl (metal or plastic) · Camping cup (metal or plastic) · Spoon, fork, knife · Dish drying towel
<p>OTHER</p>	<ul style="list-style-type: none"> · Prescription medicine · Original ID(Carnet or Passport) No photocopies · Plastic garbage bags (5), 70 x 90 cm. (wet clothes)
<p>OPTIONAL</p>	<ul style="list-style-type: none"> · Camera · Binoculars
<p>PROHIBITED</p>	<ul style="list-style-type: none"> · Unauthorized medication · Pocket knives