

EXPEDITION CHECKLIST FOR CROCS

DRY OUTFIT – NIGHTS – carried in waterproof bin or drybag.

- o 1 pair good walking shoes, sandals or lace-up sneakers.
- o Socks, tracksuit and/or long underwear
- o 1 big absorbent towel, 1 substantial handkerchief
- o Jerseys for midyear trips or one for other times.
- o Shirt or T-shirt, jeans or trousers and undergarments
- o Woollen bonnet for midyear or anytime!
- o Gloves or mittens for midyear.
- o Sleeping bag and blow-up or compact pillow.
- o Space blanket (plastic shiny sided) or small rug to cover you.
- o Good LED torch and/or headlight, torch with spare batteries.
- o Pen-knife or multifunction Leatherman.
- o Small light backpack or shoulderbag for hiking.

TENT & GROUNDMAT – LIGHTWEIGHT!. TENTS FOR HIRE – CALL US.

- o 2-person tent or lean-to with groundmat. There are heavy dews on some nights. No heavy canvas tents will be taken. Use lightweight 2-person type.
- o Air mattress or closed-cell foam mat, small pillow. Puncture repair kit.
- o Optional: three-legged fisherman's stool. OR light foldup deckchair (only on Croc).

WET OUTFIT

- o Sandals, tackies, or booties, NO SLIP SLOPS which float away. Swimming shorts (but jeans for hot sunny days with legs exposed)
- o T-shirt or long-sleeved shirt against the sun
- o Winter trips: wetsuits are optional. But definitely a woollen get-wet jersey and light windbreaker or anorak.
- o Peaked cap or hat.



o Dark glasses or glasses with tie-ons. Take extreme care with contact lenses.

o Comfortable light cycling gloves for paddling (optional)

o Optional: waterproof Pelicase for camera/binoculars/cellphone and/or cigarettes & lighter, with tie-on lanyard to attach to boatload.

o At least 1 X 5litre water bottle, preferably 2. Net bag to carry small items tied into boat.

SNACKS, DRINKS, LUXURIES

o Fizzy soft drinks or juices for drinking during the day onriver.

o Chips, sweets, biltong – have a ziplock bag for day use on the river,

o Boxed wines and/or canned beers, cokes etc. o Old brown sherry, whisky or brandy etc, in plastic bottle.

o Plastic drinking cup or plastic wineglass. (Ice In cooler).

o Cigarettes, lighter or matches, all in sealed plastic

TOILETRIES & PERSONAL MEDKIT & Extras

o Small ziplock toilet bag with nailclippers, mirror, toothbrush & paste, facecloth, biodegradable soap/shampoo in plastic container, hand-cream, needles and cotton, tweezers, small scissors.

Sunscreen and lip balm, painkillers, Deep Heat or anti-inflammatories, band-aids for cuts, elastoplast (for blistered hands and feet), eye-drops, antihistamine pills or cream for allergies, stings or itches, insect repellent, water purification pills (optional),sanitary pads, and any personal medications. Lighter.

o You may carry a cellphone at own risk. Spare film or memory card for camera, spare charged batteries. Solar charger. o ID or passport, reading material.

We can supply drybags and bins.

ASK US ABOUT ANYTHING

**SUGGESTED SELF CATERING MEALS CHECKLIST IS
SEPARATE**