



WHAT TO PACK



Two people on a raft share one waterproof barrel of about 60 liters, to store all personal items, and one cooler box with ice. You are more than welcome to strap additional things onto the boat itself, just keep in mind that it will get wet.

It is important to pack light and only take the essentials with you. If you take a trip where a resupply is possible, you can request that some of your things be brought to the resupply point. You can also send things back to basecamp at the resupply point. This works well if you want to restock on snacks or clean clothes.

Here's some essentials to take with you:

- ☐ Sunscreen! Lots of sunscreen!
- ☐ A wide brimmed hat that you can tie beneath your chin to keep it from falling off
- ☐ A long-sleeved shirt for extra protection from the sun
- ☐ Swimwear
- ☐ Dry clothes for the evenings
- ☐ Water shoes/plakkies as well as closed toe shoes for evenings
- ☐ A sleeping bag
- ☐ A towel or sarong (can also be used to shield your body from the sun).
- ☐ Sunglasses (with a strap to tie behind the head)
- ☐ At least 2,5 liters of water for every day that you will be rowing.
- ☐ Snacks and drinks
- ☐ Biodegradable soap
- ☐ Toilet paper
- ☐ Insect repellent
- ☐ Torch
- ☐ Any meal replacement items you may need (if you have dietary requirements)
- ☐ Any medications you may need

The following items aren't essential, but they are nice to have:

- ☐ Cycling gloves (or something similar) to prevent blisters
- ☐ A tent and camping chair. This can also be arranged by upgrading to our Camp and Chalet package
- ☐ Extra ropes/cables to tie items to the boat.
- ☐ Buffs
- ☐ Water guns, lilo's, balls, bats, boardgames etc.
- ☐ A camera or GoPro
- ☐ Garbage/plastic bags for waterproofing
- ☐ Eyedrops

