

PAESTAN CANOE HIRE CHECK LIST	CHK	COMMENT
<b>Camping Equipment</b>		
Small tent		Mosquito proof although mosquito's are in very low numbers along the river
Self inflatable mattress		
Tarpaulin		medium sized lightweight blue tarp or similar for extra cover in case of inclement weather
Camp light		Fluro or LED lantern for general lighting around campsite. Capacity for three nights or extra batteries
Head Torch		
Portable cooker		trangier metho cooker or light weight gas cooker
Fuel		1litre Metho or gas pack
Eating utensils		Plate, bowl, knife, fork, spoon, cup, etc.
Cooking utensils		Griddle for BBQ, pot/billy x 2, small cutting board, sharp knife, stirring spoon, etc.
Small camping chairs		
Small to medium esky		
Matches		In water proof container
Toilet paper		Parks Vic supply paper for all campsite toilets but never hurts to take your own.
Small axe or small bowsaw		For collection of wood for BBQ's
<b>Food &amp; Water</b>		
15 litres of water		Minimum recommended. Each campsite has a water tank and Parks Vic recommend that the water from these tanks be treated or boiled
Plenty of high carbohydrate foods		Either packaged or fresh. For example, pasta, flat bread, rice, muesli bars, breakfast cereals.
Meat		For first day. More can be taken if frozen and kept in esky on ice. Also prepared meat sauces, salami, etc.
some fresh vegetables		Can be kept on ice in the esky
Fruit, nibbles, nuts		Much as for a three day hike. Your favourite trail mix, fresh and dried fruit combinations
<b>Personal Effects</b>		
Sunscreen		
Hats		
Loose cotton shirts		In general bring light comfortable sun-safe clothing.
Shorts or light weight long pants		When wearing shorts remember to sunscreen legs as they can burn badly whilst canoeing
Sandals		Do not wear thongs when paddling
Paddling gloves		
Foam pad for top of canoe seat		
Swimming costume		
Boots		For use around camp sites
Towel		
Other		Personal effects as required. Don't forget your camera.
First Aid kit with anti-sting gel and snake kit		
Next G mobile phone		GSM (2G) phones have very poor reception. A Next G phone is considerably better although it does not provide anything near 100% cover
<b>Note</b>		
This list is a guide only.		
You will be provided with three 50 Litre drums for all/most of your gear. It is a good idea to waterproof some of your items in plastic/garbage bags.		
Some clients like to visit 'Paddy Palin', 'Snowgum', 'Annaconda' or 'Rays Outdoors' for their camping equipment prior to coming down.		
Content- Ross Atkins      Editing and Layout- Charles Burgess.		