MCS Isles of Scilly Sea Kayak Challenge 2022 Kit List

Clothing for kayaking:
‘Long john’ wetsuit (recommended) or...
Waterproof kayaking trousers with thermal leggings underneath
Long sleeved thermal top / long sleeve rash vest
Fleece x 2 (or similar)
Warm jacket
Warm hat / buff
Sun hat / peaked cap
Sun glasses
Sun screen / lip salve
Wet suit boots or sturdy sandals / trainers you don’t mind getting wet
Waterproof cag (kayak jacket)

Included with the boats:
- buoyancy aid
- paddle
- spray deck

Non-kayaking clothing:
Casual clothes and shoes / boots
Waterproof jacket and trousers
Warm hat
Gloves & gardening gloves for litter picking
Camping Kit:

Tent

Roll mat or therma-rest

Sleeping bag

Cooker (the team could liaise and share a cooker between 2)

Cooking pan(s)

Mug and knife, fork, spoon

Gas / fuel

Head torch / torch – spare batteries

Wash kit and personal medical kit (Nick and Mark are both trained Outdoor First Aiders)

A few large and small ‘dry-bags’ to protect kit in sea kayak holds (life venture bags or sturdy plastic bags)

Luggage bags – when we arrive at St Mary’s our luggage will be delivered to St Martins, and the campsite owner will collect it from the jetty and take it to the camp site.

I’m sure many of you have travelled a great deal, so please excuse the following…

Try to keep clothing and luggage to a minimum, we are only away for 6 days. Do contact me if you have any questions - nmba01@gmail.com

Looking forward to meeting you all in July

Nick and Mark