

PADDLE INDIA
live the adventure in you...

MULTI-DAYS RAFTING EXPEDITION CHECKLIST



Quick dry t-shirts
full & half sleeves (
lycra or neoprene)



Waterbottle
with carabiner



Waterproof
Sunscreen



Wesuit at least 3mm



Sports Shoes



Neoprene Socks
(optional)



Quick Dry Shorts



Waterproof bag
for passport



Chacos or Sandals
with high quality
straps



Personal
Drysuit



Neoprene
Booties



Sunglass with
chums



Wide brimmed hat or Sun
Hat



Personal Paddle Top

Evening Camping Stuff



Fleece



Headlamp



Quick Dry Towel



Sleeping Bag (3 season)



Woollen
Hat



Waist Money Belt



Trainers



Day Pack
(20 -30 ltrs)



Light weight
Trousers



Thermals



T shirts



Toiletries



Flip flops



Light weight
Jacket



Hand Torch extra battery



Thermarest
(Optional)



Travel Pillow (optinal)

Hygienic & Water Safety



Mini Water Filter
(www.sawyer.com)



Mini Water filter also comes in another
brand i.e. Care Plus



Personal First-Aid Kit

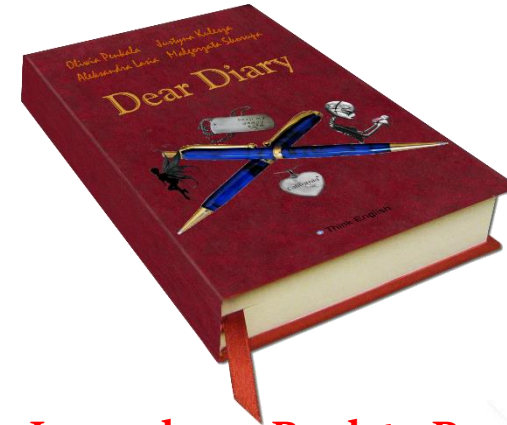


Insect Repellent



Go Pro or Action Cam

Other Accessories



Journal or a Book to Read



**Personal First-Aid Kit with
Personal Medications**



Camera



Swiss knife



**Contact Lenses/
Glasses**



Ipod