

Vigor Kayak Tours

What to Bring

Osteopathy

Massage

Naturopathy

Group
Exercise

Coaching

We suggest you buy medium sized dry bags to tightly pack your belongings into the kayak. This is a suggested list of items to bring:

2 quick dry t-shirts

1 short sleeve thermal top

1 long sleeve thermal top

2 paddling shorts, can be cycling shorts or quick dry shorts, comfort is essential

1 long leggings or thermals if legs are cold whilst paddling

1 pants, track suit pants for evenings

1 shorts to keep dry for around camp

1 pair sandals for around camp

1 pair walking shoes for walking/running when not kayaking

1 pair booties to paddle in if you want

2 pairs socks, one warm pair for the campsite and one for walking

Underwear as you please

1 pair bathers

1 warm top for evenings

1 waterproof top (may be necessary to paddle with it)

1 cap for protection when paddling

1 beanie for cold evenings

Sunglasses and sunscreen would be advisable

Minimal toiletries

Head torch

Book (maximum 200 pages!)

Tent (you can share if you're game)

Sleeping mat, essential for a good night sleep

Sleeping bag, it's good to have a liner too in case it's hot or freezing

Bladder for your pfd so you can drink whilst paddling

Drink bottle for water

Plate/Bowl for tucker, and spork or spoon and fork

Obviously the weather forecast will give you a clearer picture of essentials but remember once we are out there you can't put on a rain jacket if you didn't bring one.



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