**PERSONAL KIT LIST:** THE REEF *The below has been prepared by the Rat Race Expedition Manager, Joel Stephens*

**PADDLING KIT QTY**

Shorts 2

Trousers/leggings\* 1

T-shirt (wicking) 2

Long sleeved top/shirt\* 1

Campsite/Boat trousers 1

Campsite/Boat t-shirt 1

Rash vest\* 1

Underwear 5

Swimming stuff 1

Fleece/warm top 1

Gloves for paddling (Cycling gloves) 1

Sun Hat \*(full brim stiff hat is best) 1

Buff 1

Water shoes/trainers 1

Walking sandals 1

Rain jacket (can double as spray jacket) 1

**PERSONAL KIT** **QTY**

Passport / Photo ID 1

Photocopies of passport and
all documents 1

Wallet 1

Mobile phone & charger 1

Headtorch plus spare batteries 1

Book/games 1

Suncream 1

Sunglasses CAT 3 1

Lipsalve with SPF 1

Personal first aid kit 1

Personal medication N/A

Dry bags (Multiple small bags – max 15l) 5

**WASHBAG QTY**

Loo roll in ziplock bag 1

Travel towel 1

Tooth brush 1

Tooth paste 1

Wet wipes (packet) 1

Hand sanitiser 2

Nappy bags 1

Moisturiser / After Sun Care 1

**CAMPING GEAR QTY**

Sleeping bag (2 season) 1

Pillow 1

**RUNNING/HIKING CLOTHING QTY**

Running shorts 1

Running shirt 1

Trainers / Hiking Shoes 1

Thin jacket 1

Long pants (important) 1

**MISCELLANOUS QTY**

Drinking bottle 1

Water carrier 1

Snacks for the duration 6 days worth
(Nuts/cereal bars/protein bars/sweets)

Thin insulated jacket (synthetic) 1

Jumper/Hoodie (for nights) 1

Electrolytes for water 1

**TRIP CLOTHING QTY**

Travelling outfit 1

T-shirt 2

Shorts 2

Underwear 5

Swimwear 1

Any casual evening clothes 1

\*SunSmart cloting required as you will be be in full sun exposure for large parts of the day.