

Paddle India

live the adventure in you!!!



Beach Camping & Rafting Checklist

Please do not carry unnecessary extra stuff for the trip



River Faishon



Quick dry t-shirts
full or half sleeves
(Lycra or polyester)
(avoid Cotton)



Waterbottle



Waterproof
Sun screen



Sports Shoes



Quick Dry Shorts
(Avoid Cotton)



Sunglass with chums
(optional)



Wide brimmed hat or Sun Hat



Chacos or Sandals
with high quality
straps

Evening Camp Stuff



Fleece or
Sweat Shirt



Quick Dry Towel



Day Pack(20 -30 ltrs) Please
do not carry any Sutcases



Trainers
with
socks



Light weight
Trousers



T shirts or
Shirts



Toiletries



Woollen Hat
especially in
Winters



Flip flops



Light weight
Jacket
especially in
Winters



Hand Torch extra battery

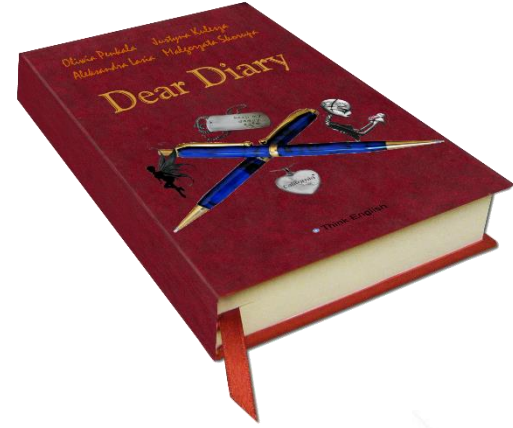


Insect Repellent



Go Pro or Action Cams

Other Accessories (Optional)



Journal or a Book to Read



Cameras



Swiss knife



Personal First Aid Kit with
Personal Medications



Contact Lenses/
Glasses



Ipod