

Groothoek Kloof Extreme Canyoneering Adventure
EQUIPMENT & PACKING CHECK LIST

Equipment

Got it Packed it

- Backpack 60 – 80 L
- Duffel Bag – To leave at vehicles
- Survival Bag
- Sac Liners
- Sleeping Bag
- Sleeping Mat
- Whistle
- Sun Protection
- Toiletries
- Toilet Paper
- Penknife
- Headlamp + Batteries + Globes
- Water Bottles
- Towel

Cooking

- Cook set (pots, pans etc.)
- Stove
- Fuel Bottle or Cartridges
- Lighter
- Flask
- Cutlery
- Mug

Clothing

- Thermal & Wicking Base layer
- Shorts and/or pants
- Swimming costume
- Short Wetsuit (Optional)
- Fleece/Mid layer
- T-Shirts
- Shell Layer/ Waterproof Jacket & Pants
- Gloves
- Sun Hat & Beanie
- Sun Glasses
- Track suit

Footwear

- Boots – 4 Season/Off Trail
- Running Shoes
- Socks

Other

- Personal Medication
- Wallet & ID Book/Passport
- Permits & Papers
- Camera & Films

NOTES:

- 1) Please have enough sac liners to waterproof all your equipment.
- 2) On fully catered trips Venture Forth will supply stoves, pots and fuel.
- 3) Please call the office if you need advice on equipment or packing.
- 4) Camera's, cellular phones and other electronic devices should be packed waterproof and well protected.
- 5) Please note that both nights are spent sleeping outside, under the stars.
- 6) Keep packed weight to a minimum.
- 7) Come prepared for cold water.
- 8) On fully catered trips you will receive a basic braai (BBQ) on the first evening with typical mountain foods for breakfast, lunch and supper during the canyon experience. These will include foods such as pasta, bread, Provita®, cheese, salami, oats, fruit, chocolates and sweets. Should you require more food or snack items you are welcome to bring it along. If you require a special menu please inform the office well in advance.