

Packing List

A starting point for anyone preparing for a canyoning trip with a few items to bring along. Not all of these items will be needed for all trips, and some trips will require equipment above and beyond this list. Adjust as needed.

Personal Equipment

- ☐ Helmet
- ☐ Wetsuit
- ☐ Harness
- ☐ Descender + carabiner
- ☐ Personal Anchor + carabiner
- ☐ Rain Jacket
- ☐ Whistle
- ☐ High-grip footwear
- ☐ Backpack
- ☐ Dry bag or keg
- ☐ Water
- ☐ Food/Snacks
- ☐ Sunscreen/Zinc
- ☐ Toilet kit

First Aid Kit

- ☐ Space blanket
- ☐ Pressure bandage
- ☐ Snake bandage
- ☐ Non-stick gauze dressing
- ☐ Triangular bandage
- ☐ Butterfly clips or tape

- ☐ Elastoplast
- ☐ Band-aids
- ☐ Blister dressing/moleskine
- ☐ Antiseptic cream
- ☐ Safety pins
- ☐ Scissors
- ☐ Tweezers
- ☐ Pain relief
 - ☐ Paracetamol
 - ☐ Ibuprofen
- ☐ Whistle
- ☐ Cold and flu tablets
- ☐ Antihistamine
- ☐ Gastrostop
- ☐ Reusable cable-tie

Group Equipment

- ☐ Rope
- ☐ Anchor building equipment
- ☐ Water filter
- ☐ PLB
- ☐ Map
- ☐ GPS

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