

We have been getting a lot of enquiries regarding Kit we use on our SUP camping trips so here goes –



Dry bags – external if these are going to be used regularly go for the best you can afford. If you are going to be getting on & off your board more than just at the start & end of the paddle or portaging then shoulder straps are handy to keep your hands free for carrying board, paddle & other kit

Our bags of choice here are the [Aquapac Upano](#) 70ltr & [Aquapac Heavyweight Duffel](#) 40ltr with the [Lomo](#) bags a close second



Dry bags – internal..... Lightweight to provide an extra layer of protection for essentials such as a spare set of warm clothes & most importantly your sleeping bag. These do not need to be the most expensive or best quality but should be light weight & pack down small

For this we tend to use [Alpkit](#) airlock bags or any other older dry bags we have kicking about. These bags can be turned inside out when you set up camp & filled with sand/stones to anchor your tarp/tent where the ground is not suitable for pegs or for carrying fresh water to fill bladders etc. (as long as you can get them dry again before packing your kit away next morning)

Day dry bag Small easy to open dry bag/pouch for things you may need access to during the day such as an extra layer, sun cream, pork pies etc. this reduces the risk of everything getting wet if you open your main dry bag

Another plus for Aquapac on this one – [we use their DSLR camera case](#) with the padded insert removed as it is easy to clip onto the bungies & is useful for carrying essentials like phone, cash, camera etc. when ashore or sometimes the [Noatak bags](#)



Sleeping bag This is one for personal choice – synthetic filling is better than down as it still provides insulation when wet.

We are using [Snugpak 2 season travelpak](#) – rated down to 2 degrees, pack down small & weighs 1100g. It also has an integral bug net so you don't get savaged by mosquitoes during the night or wake up with a slug on your face!!

If you are confident that the nights will be warm then you can go a lot lighter with a smaller pack size such as the cheaper lightweight offerings from Mountain Warehouse

A sleeping bag liner will add extra warmth as well as keeping your bag clean – they range from superlight silk ones to very comfy fleece – as ever a compromise between comfort & weight/pack size

Even though we are sleeping on our boards, if space allows we take a camping mat just to make it softer & more comfortable Alison likes the [Mountain Equipment Helium full length](#) mat whereas I prefer a shorter ¾ length one

Bivi bag. We have 2 options here. If we are expecting decent weather we take [lightweight Karrimor bivi](#) bags from Sport Direct (regularly on offer). They are ideal for occasional heavy rain, keeping heat in, wind out & dew off.

If we are expecting worse weather then we would opt for the [Alpkit Hunka bivi](#) bags (or think about a tent)



Tarp Lots of options here – for the two of us we like the [DD Hammocks 3mx3m tarp](#). It is light, packs down small and as well as having anchor points around the edge has them down the middle allowing for many different methods of pitching. In reserve we have a cheaper alternative from [Decathlon](#). Not as light & a bit bulkier but works very well for occasional/fair weather use.

To go with the tarp we have six 3m lengths of 1.5mm line, [5 cheap but lightweight pegs from The Range](#) & 2 sheets of [A4 Tyvek waterproof/tear proof paper](#) with webbing loops sewn in which can be buried in the sand or weighed down with rocks should the pegs not hold firm.

No need to take poles..... paddles work just as well, especially 2 or 3 piece ones



Hydration - Goes without saying but take plenty to drink. It also needs to be something that you actually like to encourage you to drink little & often & make sure you set off fully hydrated

We use [2 ltr waist Camelbak's](#) for while we are paddling and a [3 ltr deck mounted](#) one for transporting water for use at camp should no fresh water be available. Plenty of second hand hydration packs available online which are ideal when paired with a new bladder.



Our drinks of choice are [SIS Go Electrolyte](#) which hydrates & provides energy and are currently trying their caffeinated version to keep us fresh & alert towards the end of the day

Sunscreen -Go for a higher factor waterproof sunscreen & don't forget to re-apply. Make sure you slap it on not only exposed skin but also places such as the couple of inches below your shorts waist band or lower back in case your shorts sag or top lifts when you bend & paddle.

The other option is to cover up. There are some very comfortable super lightweight long sleeve tops around, sleeves rolled up in the morning & afternoon, sleeves down when the sun is at its strongest. My current favourite is the [RAB Interval long sleeve](#)

Heard it all before but the suns rays are not only hitting you directly but also being reflected

Sunglasses – full UVA & B protection & choose a pair that is fairly close fitting to stop the sun from sneaking in around the edges.

Lippy – salt, sun & wind will give you cracked lips – protect them during the day & moisturise them at night

Pump – if you have the luxury of not having to pump your boards up each day then you can get away with a smaller single cylinder pump. We like the Starboard V8 as it is double action (pumps on both the up & down stroke) and can be changed to single action at the flick of a switch. An added bonus is the detachable footplate to make it easier to pack on the board.



Paddle – go with what you are comfortable with – think about how & where you will be paddling. The lower stroke rate & slower speeds of cruising/exploring means you do not need your small bladed race paddle plus the chance of clattering it through shallow water, over rocks & using it as a pole for your tarp mean that if you have the luxury of choice you may be better off with your spare

Camera – be it a GoPro, waterproof digital camera (cheap as chips on eBay) or your mobile take something to capture those moments. Our main cameras are our iPhones safely wrapped up in [Aquapac waterproof cases](#) which do not alter the photo quality too much

Maps – know where you are going, know your options should the weather change & have your plan B, C & D in case the worse happens. Scribble down tide times, distances between landmarks camping spots. Also make sure someone knows when to expect you back & where you are planning to go. Plenty of online mapping tools we use [Navionics](#) for the charts & [Windy](#) for the weather

Tracker/gps – I’m a bit of a number geek but knowing your paddling & average speed can help you check if you have currents helping you along or slowing you down as well as giving an indication of how long it is till you reach your destination & get the fire lit

Clothes – no matter how warm it is going to be take a few warm layers for the evening as you could well feel the chill after a day on the go. A light weight hooded top is great too. There are some very good light waterproof tops that pack down to next to nothing.

Comforts – no matter how much weight & space you are trying to save don’t be shy to take along a few things to make life more comfortable..... our favourites are thick warm socks to wear around the campfire or in bed on colder evenings

Cups – if you don’t want to be drinking that bottle of wine that accidently fell into your bag out of the bottle then a couple of collapsible or [squishable](#) cups are a great idea

Shallow metal bowl – will double as a plate, bowl, pan, container for collecting & cleaning shellfish or even drum for the impromptu campfire singalong

Wine bag – so you fancy sharing a bottle of wine once you set up camp & are watching the sun go down but think it is too heavy & bulky.... Well ditch the bottle & carry the plonk in a [squashable soft flask](#).



Links

[Aquapac](#) – always worth checking out their [Sale section](#)

[Alpkit](#) – a variety of gear for the outdoor enthusiast

[Lomo](#) – especially their [monster 150ltr dry bag](#) which we use as a board bag when travelling/flying to save on weight & bulk

[Snugpak](#) [DD Hammocks](#) [Science in Sport](#) [ultralightoutdoorgear](#)