

# Introduction to Expedition

## Helford River - Cornwall

### Expedition Outline

This course is aimed at Intro-mediate / Intermediate paddlers who are keen to learn essential skills to take a sea kayak into multi-day expeditions. **It is perfectly suited to any paddlers wishing to gain more experience before going on our expeditions.** We will learn how to plan a trip and load our kayaks with everything we need for an overnight trip before setting off to discover the wonders of the Cornish coastline. We will introduce you to overnight camping and you may cover some of the additional expedition skills such as fishing, foraging, fire skills, shelter building, cooking and much more. The main emphasis of this course is to introduce you to the skills needed to enjoy multi-day trips and learn how to handle a kayak thats fully laden to get you where you want to go.

### Experience Needed

To get the most out of the expedition you should be a competent Intro-mediate / Intermediate paddler and be comfortable in conditions associated with force 3/4 winds.

If you have any questions regarding the required ability please feel free to contact us on [info@seakayakingcornwall.com](mailto:info@seakayakingcornwall.com)

### What Is Included

Sea Kayaking Cornwall's experienced guide with 10 years area knowledge offering advice, assistance, planning and safety throughout the trip.

\*Kayak. We can supply suitable expedition kayaks.

\*Buoyancy aids /PFD.

\*Spray decks.

\*Paddles.

*\*We suggest using your own kayak and kit on this expedition so that you are comfortable and have practiced, prepared and packed your kayak before arrival. This is to ensure that all your kit fits and you are familiar with all aspects of your expedition kit and kayak.*

*Please confirm you have your own kayak and kit, we are aware that most people booking on this type of trip, own their own kayaks.*

*Please inform us if this is a problem for you, we have limited availability to transport boats on roof racks.*

## **Not Included**

Transport to start locations in Cornwall.

Accommodation.

Food and beverages during the trip.

Camping equipment.

## **Location and Times**

Meet at our cabin at Tregedna Farm 9:15am on the first day of your week / weekend. Your guide will plan each day to get the best out of what conditions allow and your needs and desires.

Tregedna Farm, Maenporth, Falmouth TR11 5HL

## What To Bring - Recommended

- Travel insurance.
- Food. Prepare for 1 breakfast - 2 lunches – 1 dinner - plus snacks, hot drinks and soup for the time we are out.
- Dry bags – various sizes.
- Camping kit: Tent, sleeping mat and sleeping bag suitable for Cornish conditions (2-3 season). Bivi or hammock if you'd prefer!
- Stove, pans and fuel/gas (water bottle or flexible water bag), plus a reliable means of lighting.
- Thermos or "Jet boil" style cooker for keeping or heating liquids.
- Paddling kit – We recommend to bring: Large jacket or storm cag that will fit over your buoyancy aid to help you regulate temperature on the water; dry suits or paddling trousers with a dry top with a choice of either thin or thick thermals depending on the temperature. Please contact us if you are uncertain that you have the correct gear!
- Safety kit. We carry adequate safety kit. However, we suggest you bring the safety kit that you would normally paddle with. A group can never have enough safety equipment on a trip!
- Sponge.
- Sun cream.
- Sunglasses and hat.
- Insect repellent, tick removers and midge spray.
- Camera.

- Headlamp/torch
- Personal medication and first aid kit.
- Suitable bags to carry your kit in up the beach (IKEA bag).
- Clothing. A change of warm clothes, warm hats, gloves and waterproofs. (Depending on the time of year)
- Suitable footwear and change of clothes for walking in the conditions and changing into at the end of the day.
- Phone and power banks. Cornwall has cell phone reception in many but not all places. Ensure you have sufficient power.
- Money, as there may be cafes to visit. Not all will accept card payment.
- Fishing kit. There may be the opportunity to fish, so bring a hand line or fishing rod. Please note: This is not a guaranteed way of supplementing your food!

Looking forward to sharing our “DEVOTION TO THE OCEAN” with you!

Sea Kayaking Cornwall Team