

“What to Bring?”

You will be wearing the following during the daily paddles:

- Swimsuit/ Nylon Shorts & T- Shirt (prefer not 100% cotton)
- Watershoes: Sandals/Sneakers &/or Neoprene Booties (these will get wet)
- Hat w/ Strap or Clip
- Sunglasses w/ Strap
- Wind/Sweat/Dry Pants
- Fleece Jacket/Windbreaker/Paddle Jacket
- Paddling/Biking Gloves (optional)

Please Pack the following in a small waterproof bag 9”x 18”:

- Lightweight Rain Gear/Paddle Jacket & Pants
- Extra Socks/ Extra Shorts/ Extra Swim Suit/T-Shirt
- Extra Footwear other than water shoes

The following are Necessities that should be packed together in another small waterproof bag:

- Small Personal First-Aid Kit, including any prescriptions or special Medications:
- (i.e.- inhalers, bee sting kit, diabetes, asthma, allergies, heart disease, high or low blood pressure)
- * Bring extra medication w/ instructions for the guide/instructor to hold!!
- 2 Water Bottle(s)-Filled
- Waterproof Sunblock & LIP BALM-SPF 15+
- Insect Repellent!
- Extra Prescription Glasses/Contacts
- Toiletries-Toilet Paper, Biodegradable Soap, Towel, Wash Cloth & Deodorant
- Toothpaste & Toothbrush
- Flashlight/Headlamp & Spare Batteries
- Compass

Camping Equipment

- Sleeping Bag, Sleeping Pad –Double Wrapped w/ Contractor Bags
- Tent (compact)
- Leatherman/Knife
- Lighter/Waterproof Matches
- Battery Lantern (optional)
- Fishing Equipment (optional)
- Camera (optional)
- Book/Frisbee/Cards/Games (optional)
- Snacks/Hard Candy

Water (1gal./person/day)

**** Remember** - Everything should be in Ziplocs, Contractor bags or Dry Bags. Several **small** bags are better than one big bag. (Must fit in kayak hatches).