

PACKING LIST

Paddling Backcountry Trip

Paddling Clothing

Feet

- 2 to 3 pair of synthetic or wool socks
- Secure paddling footwear (old sneakers, neoprene booties, or water shoes)

Head

- 1 thin winter hat that can be worn under helmet
- Sun blocking hat (baseball cap or visor)

Legs

- 2 pair of thermal leggings/tights
- 1 pair of nylon wind or rain pants (optional)

Torso

- 2 synthetic base layer shirts
- 1 mid-weight layer (fleece, heavy synthetic blend)
- 1 waterproof/breathable shell rain jacket
- 1 to 2 extra layers (wind breaker, fleece vest, wool sweater)
- 1 paddling specific "splash jacket" (optional)
- Paddling wetsuit (optional)
- Paddling dry wear (optional)

Other Clothing

- 1 set of casual clothes to change into at the end of the trip (Please pack light, space is limited)
- Rain shell and pants
- Insulated jacket for cool nights
- Shorts and shirt for hiking (synthetic non-cotton material)
- Warm hat and gloves for camp
- Sneakers for hiking and camp
- Sandals (optional)

Sleeping * * *

- 1 summer weight sleeping bag (15 to 30 degree)
- 1 full length rigid foam or inflatable sleeping pad
- Small pillow (optional)

Hygiene

- Toothbrush
- Small bottle of biodegradable soap/body wash
- Deodorant
- Towel
- Personal medication in waterproof container (please notify trip leaders about nature and location of medication)

Packing & Transport* *

- 1 Small day hiking backpack (1500 – 2500 cu in)
- 1 Duffle bags for personal gear

Other

- 2 1-liter water bottle (wide-mouth recommended, avoid hydration bladders)
- Insulated mug
- Small plastic bowl & utensils
- Packable camp chair (i.e. "Crazy Creek")
- Sunglasses w/ strap
- Headlamp w/ extra batteries
- Sunscreen
- Notebook & writing utensils
- Camera w/ extra batteries (optional)

If you are experiencing difficulty acquiring any of the items on this packing list, please contact your course coach.

**Packing space is limited, please make sure your equipment fits within one medium size duffle bag and a small backpack.

***Hammocks are not suitable for this trip

