

## GEAR LIST FOR CANOEING & KAYAKING

### A NOTE FROM SUNRISE:

\*\*\* Remember – Pack simple, pack light. \*\*\*

- Have two sets, "river clothes" and "camp clothes". River clothes should provide warmth even when wet. Layering is an important principle in choosing your river clothes. A layering system of long underwear, long sleeve shirt, fleece sweatshirt, light jacket, & rain coat works under a wide range of conditions but a t-shirt & heavy coat work only in a few conditions. For warmth when wet synthetics (fleece/nylon/polypropylene) or wool are best. Cotton is never relied upon to provide warmth when wet & it takes much longer to dry. The idea of "camp clothes" is that when you get off river for the day you have something warm & dry to change into & that when you go back on river the next day the "river clothes" go back on, dry or not.

### CLOTHING (includes clothes you will be wearing when we start canoeing)

- \_\_\_\_\_ pair of lightweight synthetic long underwear, shirt & pants
- \_\_\_\_\_ lightweight button-up long-sleeved shirt w/collar & pockets
- \_\_\_\_\_ lightweight long-sleeved shirt in wool or fleece
- \_\_\_\_\_ mid to heavy weight fleece sweatshirt
- \_\_\_\_\_ lightweight jacket (windbreaker type, not your rain suit jacket)
- \_\_\_\_\_ waterproof rain suit (jacket & pants, NOT vinyl!; this is a critical item)
- \_\_\_\_\_ "river pants" (non-cotton, zip-off or not, w/pockets & belt loops, roomy; can get for \$29)
- \_\_\_\_\_ "camp pants" (recommend same as your river pants; no jeans or sweat pants)
- \_\_\_\_\_ Chota boots (provided)
- \_\_\_\_\_ camp shoes (lightweight hiking boots - low or ankle high; not sandals or water shoes)
- \_\_\_\_\_ water shoes (good soles, sandals w/full toe & straps or shoes w/laces, NOT aqua sox)
- \_\_\_\_\_ 4 pr. non-cotton socks / liners (lightweight liners work well in the Chota boots)
- \_\_\_\_\_ sleep clothes (shorts & t-shirt only worn for sleeping)
- \_\_\_\_\_ lightweight gloves for paddling – optional for those who are sensitive to blisters & sun.
- \_\_\_\_\_ Bandanas – at least 2 or 3 – they have many uses
- \_\_\_\_\_ 2 brimmed hats or baseball caps
- \_\_\_\_\_ 4 pr. underwear
- \_\_\_\_\_ bathing suit
- \_\_\_\_\_ belt
- \_\_\_\_\_ 3 t-shirts
- \_\_\_\_\_ lightweight knit hat
- \_\_\_\_\_ 1 pr. shorts (if pants not zip-off)
- \_\_\_\_\_ synthetic liner gloves

### NON-CLOTHING PERSONAL ITEMS

- \_\_\_\_\_ sleeping bag (lightweight, packable; can get for \$55)
- \_\_\_\_\_ sleeping pad (lightweight, self-inflating best; can get for \$30; they provide closed cell)
- \_\_\_\_\_ toiletries (toothbrush, comb, deodorant; rest will be provided)
- \_\_\_\_\_ towel (non-cotton camp towel; 2 handi-wipe style provided)
- \_\_\_\_\_ minor first aid supplies and medications
- \_\_\_\_\_ flashlight or headlamp that points at the ground (provided)
- \_\_\_\_\_ spare flashlight (provided)
- \_\_\_\_\_ personal supply of toilet paper (small!, there will also be a group stash)
- \_\_\_\_\_ ditty bag (for sunscreen, camera, etc. in canoe/kayak in small dry bag from outfitter)
- \_\_\_\_\_ 2nd set of prescription glasses, sunglasses, contacts, & important medications
- \_\_\_\_\_ compass
- \_\_\_\_\_ skin care lotion
- \_\_\_\_\_ lighter
- \_\_\_\_\_ insect repellent
- \_\_\_\_\_ knife or multi-tool
- \_\_\_\_\_ 2 Nalgene water bottles (provided)
- \_\_\_\_\_ flashlight batteries

### KAYAKING GEAR

- \_\_\_\_\_ Same as above but one less pair of underwear.
- \_\_\_\_\_ You'll be wearing your water shoes in the kayaks & can either have your Chotas or camp shoes but you won't need both

### OPTIONAL ITEMS

- \_\_\_\_\_ knee pads – an often overlooked item. Proper canoeing form can mean kneeling for long periods. Those found at hardware stores work fine as long as they are not the hard-plastic type.
- \_\_\_\_\_ fishing gear (group tackle, pole must be in a case or collapsible)
- \_\_\_\_\_ camera & extra batteries
- \_\_\_\_\_ head net
- \_\_\_\_\_ binoculars
- \_\_\_\_\_ PFD
- \_\_\_\_\_ journal
- \_\_\_\_\_ dry bag(s)
- \_\_\_\_\_ watch
- \_\_\_\_\_ "crazy creek" chair
- \_\_\_\_\_ small pillow - must fit in sleeping bag stuffsack or gear plastic bag

### AIRPLANE / TRAVEL CARRY-ON (all different from camping clothes above)

- \_\_\_\_\_ PHOTO ID!!!
- \_\_\_\_\_ 3 pr underwear (wear 1 - pack 2)
- \_\_\_\_\_ Class A uniform shirt (clean w/ patches)
- \_\_\_\_\_ Troop t-shirt
- \_\_\_\_\_ 3 pr shorts/pants; at least 1 pr pants;
- \_\_\_\_\_ other Class B t-shirt
- \_\_\_\_\_ (wear 1 - pack other 2)
- \_\_\_\_\_ shoes & socks (not flip-flops)
- \_\_\_\_\_ toiletries
- \_\_\_\_\_ sleep clothes
- \_\_\_\_\_ books, cards, mp3, dvd, etc.
- \_\_\_\_\_ jacket / sweatshirt
- \_\_\_\_\_ spending money for souvenirs