



## Equipment/Gear list for Overnight trips

### Kayaking Equipment

- 16-17' kayak with adequate floatation (bulkheaded compartments or air bags)
- PFD with whistle
- Spray skirt (required to be worn),
- Paddle and a spare paddle
- Bilge Pump & sponge
- Chart case & chart of the area
- Orienteering and deck compass
- Dry bags to carry your personal items in - 10, 15 and 20 liter sizes are best. many small bags will be easier to fit in your kayak hatches than 1-2 big bags.
- 1 quart water bottle or other hydration system
- Some line or bungee for tying items to the deck or tying your kayak to shore

### Paddling Clothing

- Farmer john/jane wetsuit or drysuit (wetsuits are available from H2O for no additional charge)
- Bathing suit or swim trunks to wear as base layer
- Long sleeve long underwear top (synthetic or wool) - this is your **Wicking** layer; if wearing a drysuit should have bottoms as well.
- Fleece or wool layer (this is your **Warmth** layer)
- Paddling Jacket or Gortex shell (this is your **Weather** layer)
- Paddling footwear - closed toe footwear recommended
- Hat with a visor with either a chin strap or a hat clip in the event of high winds
- Spare hat
- Fleece or wool hat

### Camping Equipment

- Backpacking tent - make sure you have stakes, a repair kit, and ground cloth)
- Synthetic sleeping bag with stuff sack (rated to 20 degrees) for summer, 0 degrees for Spring and Fall) - be sure to get one that is compressible. We recommend getting a compression waterproof dry bag for your sleeping bag.
- Sleeping pad - Therma-rest, closed cell foam, or similar
- Flashlight or headlamp with extra batteries
- Parachute cord or similar length of rope - multi uses
- Small repair kit including duct tape, knife, twine, matches/lighter)
- Plate, cup, and utensils

*(more on reverse side)*

### **Camp clothing**

- Quick-drying nylon shirt and pants
- Long underwear - top and bottoms - again synthetic or wool. Think in terms of layers.
- Warmth layer - Fleece or Smartwool
- Primaloft jacket or similar
- Full set of rain gear (jacket and pants) -
- Camp footwear including 1-3 pairs of wool or synthetic socks depending upon length of trip
- Bug shirt, bug head net or bug repellent
- 1-2 Bandannas
- Cotton t-shirt - feels great for sleeping or if we have hot evenings
- Fleece or wool hat (can be the same one you brought for paddling)

### **Other Necessary Items**

- Mask (required on land when physical distancing not possible)
- Hand sanitizer
- Wag bags or Crap wraps - newspaper, ziplocs, hand sanitizer, TP, storage bag
- Toiletries including a quick drying towel
- Personal first aid kit with any medications
- Sunscreen
- Sunglasses with safety strap and cleaning cloth plus a spare set
- Regular glasses or contacts, if needed, with necessary supplies
- Bug repellent
- Cellphone with extra battery or battery charger and a waterproof case
- Extra quart and gallon size ziplock bags
- 1 gallon water/day
- Personal snacks that can be carried in a PFD pocket - granola or protein bars, cheese sticks, gorp,

### **Optional but highly recommended**

- VHF radio
- Towbelt
- Signaling devices - flares, mirror, smoke, dye, handheld flares, rescue flag
- Paddling gloves or pogies (optional)
- Collapsible or foldable Camp chair
- Thermos or small personal stove like a Jetboil
- Books, binoculars, camera (make sure you have a spare battery and SD card)
- Cards, games, etc..
- Clothesline