BACKCOUNTRY WATER-BASED TRIPS
CANOEING | GIG ROWING | SEA KAYAKING
PACKING + EQUIPMENT LIST

Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and your comfort. Below is a list of equipment you will need to participate in a Backcountry Water-Based TREK (which includes Canoeing, Gig Rowing, and Sea Kayaking trips).

When you arrive to check-in, TREK leaders will check your pack to ensure you have all the necessary items from this list prior to departure. This ensures both your safety, as well as the safety and enjoyment of others on your trip.

For Canoeing + Gig Rowing trips we will provide large dry bags to store your equipment. You will be sharing these bags with another TREKkie, so it can be helpful to make sure you have your personal belongings in smaller stuff sacks that can go in a larger bag.

For Sea Kayaking trips we will provide you with some smaller waterproof stuff sacks to pack into your kayaks.

A note on packing light: We have a limited amount of space in our boats. The list below is what we find to be most helpful when packing for a week-long backpacking trip without being too minimal or having too much. You should arrive with all your belongings in a duffel bag, to be re-packed into dry bags for your trip.

CLOTHING

A requirement for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly, and maintain their ‘loft’ when they get wet. Hence, the specificity here on cotton vs. non-cotton.

☐ 1 15-20 liter stuff sack to contain clothes and personal belongings (and become your pillow!)
☐ An additional small backpack lined with trash bag or small drybag – To keep personal belongings like water bottle or extra layers accessible.
☐ 1 set of non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) – think Under Armor or similar.
☐ 2 quick dry t-shirts (no cotton)
☐ 1 long sleeve sun protective shirt
☐ 1 cotton t-shirt (optional) – Some find comforting to change into a cotton t-shirt once in camp if the weather is nice.
☐ 1-2 pairs of quick-dry/athletic shorts (no cotton) – These should be comfortable and not restrictive to paddle in all day long.
☐ 1 pair light weight sun protective hiking pants or similar
☐ 1 windbreaker jacket (optional) – These layers are great for windy but sunny summits to break up the cold.
☐ 1 waterproof rain jacket – The best test for waterproofing is to hold the material to your mouth and try to suck air through it. If you can’t get any air through, it’s likely waterproof, though some jackets can be both breathable and waterproof.
☐ 1 pair waterproof rain pants
☐ 2-3 pairs wool / synthetic fiber socks – (no cotton)
☐ 1 bathing suit
☐ 1 fleece/or lightweight synthetic down jacket – Consider synthetic down because we live in a wet part of the world and once goose down gets wet it doesn’t keep you warm.
☐ 2 – 4 pairs underwear – However many you need for a week’s worth of living outdoors – we’re not here to judge! No cotton.
☐ 1 Light warm hat (wool or synthetic fiber)

PERSONAL ITEMS

☐ 1 pair of water shoes – Water shoes must be securely attached to your foot. Any water sandal or shoe that has a back strap or goes around your heel will do the trick.
☐ 1 pair closed toed camp shoes – Chucks, tennies, sneakers, crocs.
☐ Sun hat
☐ 1 pair sunglasses and protective case
☐ Toiletries – Toothbrush/paste, hairbrush (if you have hair to brush), lip balm, sunscreen, extra contacts (if you wear them), contact solution,
glasses if you wear contacts throughout the day and any medications you may need, menstrual products, Band-Aids, wet wipes (optional) for a “trail shower” ...etc.

☐ Pack towel – You will get wet, and you may want to dry off.
☐ 1-2 garbage bags – These are excellent for adding extra waterproofing to anything you are concerned about.

ESSENTIAL EQUIPMENT

☐ 1 sleeping bag (30-20-degree rating) – No cotton and should be synthetic down.
☐ 1 sleeping pad
☐ 2 One-Liter plastic or metal water bottles – Must be durable and reusable. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade is more affordable and will last just about the length of your TREK trip.
☐ Plastic or metal eating/dining set – Bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!
☐ Thermos or mug
☐ 1 headlamp with extra batteries

OPTIONAL ITEMS

☐ Camera
☐ Personal journal and pen
☐ Musical instrument that easily travel (no full-size guitars)
☐ Favorite poem or prose for around the campfire
☐ Nighttime reading book
☐ 1 Pocket Knife/Leatherman multi tool – Can be helpful around camp and preparing meals.