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

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 repacked into dry bags for your trip.

* Renting/Borrowing equipment: We have a limited supply of some items available to rent or borrow. Those items are indicated with an * symbol.

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 set of non-cotton long underwear tops / bottoms Synthetic or wool (no cotton) – Great for those cool nights on the water.
- 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 waterproof rain jacket – You don’t want a yellow rain slicker, but something made as a rain jacket for active outdoor activities.
- * 1 pair waterproof rain pants
- 2-3 pairs wool / synthetic fiber socks – (no cotton)
- * 1 fleece/or lightweight synthetic down jacket – If a light down jacket, synthetic down is best for our purposes.
☐ 2–4 pairs underwear – Or however many you need for a week’s worth of living outdoors – we’re not here to judge, though we do need to balance comfort and limited space.

☐ Sports bras (optional) However many you need for a week’s worth of living outdoors – we’re not here to judge!

☐ 1 Light warm hat (wool or synthetic fiber)

☐ Bathing suit – If the opportunity arises to cool off on a hot day!

☐ Camp towel – If you take a shower/jump in a lake, you’ll want a way to dry off.

PERSONAL ITEMS

Canoeing + Gig Rowing trips we will provide large, 110-liter capacity dry bags to store your equipment. You will be sharing these bags with another TREKKies, so it can be helpful to make sure you have your personal belongings in smaller stuff sacks that can go in a larger bag.

Sea Kayaking trips we will provide you with 2 20-liter capacity waterproof stuff sacks to pack into your kayaks.

☐ 1 15-20 liter stuff sack to contain clothes

☐ A small 15-25 liter waterproof day bag, or backpack lined with trash bag– To keep personal belongings like water bottle or extra layers accessible.

☐ 1 pair of water shoes – Water shoes must be securely attached to your foot. Any water sandal or shoe that that has a back strap or goes around your heel will do the trick.

☐ 1 pair close-toed camp shoes/closed toe sandals – To wear around camp when your water shoes are wet and dirty

☐ Sun hat – Baseball cap, bucket hat…etc

☐ 1 pair sunglasses and protective case

☐ Toiletries – What to bring varies a lot from person to person, but here are some reminders. For all of the items listed here, please remember to bring small, travel sized versions. Space is limited on your trip!

  o Toothbrush/paste

  o For those who wear contacts: Enough for 5 days plus extra just in case; plenty of contact solution (you may need to rinse your hands with it in the morning and evening); glasses in case you lose your contacts or have any issues with them

  o Life-saving or essential medications/prescriptions (Epipen, inhaler, insulin, anti-anxiety or depression medication…etc)

  o Hand Sanitizer
- Bug Spray & Anti-itch bug ointment
- Sunblock & lip balm
- Optional comforts: Hairbrush (if you have hair to brush), wet wipes for a “trail shower”, Band-Aids

☐ 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 large duffel bag – We’ll provide dry bags to re-pack everything into, on the day of TREK launch, but packing it first into a duffel bag will help keep everything together before that point.
☐ * 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.