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 Lake Champlain Rowing Expedition TREK.

**Please note:** When you arrive for your check experience, 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 in 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 for cotton, vs. non-cotton 😊

- **115-liter stuff sack to contain clothes (and become your pillow!)**
- **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 up to your mouth and try to suck air through it. If you can’t get any air through, it’s for certain waterproof...though some fancier jackets are both breathable and waterproof.**
- **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, 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)

1 Bathing Suit

PERSONAL ITEMS

1 Pair of Water Shoes – Water shoes must be closed toe, and securely attached to your foot. No Crocs, Chacos, Tevas, flip flops or slides.

1 Pair camp shoes/closed toe sandals – (chucks, tennies, sneakers...etc.)

Sun Hat

Sun block

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.

1 ‘Mystery bag’ – Every participant should bring 1-gallon Ziplock bag that is in one way or another made opaque – purchase an all-black one, cover a clear one in duct tape...etc. These are used to carry out your used toilet paper, wet wipes, menstrual product and Band-Aids.

ESSENTIAL EQUIPMENT

1x Dry Bag backpack (65 liter) - A great example of this type of bag is the Sealline Boundary Bag which come in a 65-liter capacity to gobble up all of your gear and then fight off the water trying to get it wet!

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 Pocket Knife/Leatherman multi tool
- 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