Wilderness TREK White Water Kayaking Packing List:

Headwear:
___ 1 lightweight fleece hat
___ 1 baseball cap or sun visor, preferably one that will protect ears and neck
___ 1 headlamp with extra batteries!
___ 1 pair of nose plugs (recommended)
___ 1 pair of sunglasses (croakies for sunglasses/prescription glasses)

Upper body clothing:
___ 2 polypropylene or wool long underwear tops
___ 2 t-shirts (polypro or other quick dry)
___ 1 fleece jacket or lightweight fill jacket (no sweatshirts or other cotton items)
___ 1 light nylon windbreaker jacket (optional, but great anti-mosquito layer)

Lower body clothing:
___ 2 polypropylene or wool long underwear bottoms (cotton is not acceptable!)
___ 2 pairs of underwear
___ 1 bathing suit (one piece is recommended for women)
___ 1 pair of shorts (not cotton)
___ 1 pair of fleece pants
___ 1 pair of waterproof rain pants – rubber is acceptable, breathable preferred

Footwear:
___ 1 pair of sneakers or camp TEVA styled sandals
___ 1 pair of closed toed water shoes (REQUIRED)
___ 3 pairs of heavy wool hiking socks

Equipment:
___ 1 large duffel bag to hold gear
___ 1 small dry bag
___ 1 sleeping bag (mummy style rated to 30 degrees or lower)
___ 1 foam sleeping pad (Ensolite, Thermarest, or Ridge Rest)
___ 2 one-liter water bottles (BPA free!)
___ 1 thermal mug, bowl, and spoon or spork
___ Toiletries (toothbrush, paste, brush, lip balm, sunscreen, extra contacts)
___ 1 pair of neoprene gloves **only if you get cold hands**
___ 1 towel
___ 3 large garbage bags (to protect clothing and sleeping bag)
___ 1 small pocket knife

****** If you wear contact lenses you MUST bring a pair of glasses as a back-up!

**Optional Items:** Crazy Creek or Thermarest chair, gaiters, camera, small musical instrument, readings to share, personal journal & pen, waterproof pack cover, Frisbee, hackysack, gloves or mittens!

**Gear we will provide:** IF you own any of the following items, you are welcome to bring them and use them pending our inspection. Please email to let us know if you are planning to bring your own technical paddling gear

White water boat
White water paddle
Spray Skirt
Helmet
Life Jacket
Dry Top
Wetsuit or Dry pants
Safety Gear