



Overnight Paddling Adventures

Packing List

Average Temps

June:	75° / 48°
July:	80° / 53°
August:	78° / 53°
September:	71° / 46°

Tips

- Cotton when it gets wet, either from perspiration or precipitation, will make you cold and dries incredibly slowly. Save the cotton shorts and t-shirt for the campsite.
- **You don't need to invest in dry bags.** Freezer zip-top bags, like Ziploc brand, in quart, one gallon, and two gallon sizes work really well. Smaller sizes can organize things like sunscreen, etcetera.
- **Always pack rain gear. Always!**
- Adult beverages may be enjoyed after our daily adventures.
- Leave a clean set of clothes in your car.

Camp Clothing & Accessories:

- Comfy camp clothes (*possible double duty for sleepwear/PJs*)
- Comfortable camp shoes (*flip flops, sneakers, Birkenstocks, etc.*)
- PJs/Sleepwear
- Toiletries/Dopp kit
- Medications

Day Trip Clothing:

- Wetsuit (*if needed, we will provide*)
- 1 Pair of Swim Trunks/Surf Shorts or Bikini/Tankini Bottom **and/or**
- 1-2 Synthetic Shorts **and/or**
- 1-2 Synthetic Hiking Pants (*if chilly weather*) **and/or**
- 1-2 Synthetic workout leggings/tights
- 1-2 Synthetic t-shirts (*short- or long-sleeved*)
- 1 Synthetic long-sleeved shirt or sun top (*built-in UV protection is great!*)
- 1 Fleece top and bottom (pullover/jacket and pants/sweatpants)
- 1 Pair of wool or synthetic socks
- 1-2 Bras/Sport Bras/Bikini Tops (*fast drying and no underwires if possible [can rub upper arms when paddling]*)
- Rain Gear or Wind-Blocking Coat (*A hooded jacket featuring secure closures/elastic cuffs around wrists is what you're looking for*)
- Warm hat & gloves (*if chilly weather*)

Day Trip Accessories:

- Water-friendly shoes, water sandals or neoprene booties with durable soles. Look for treads that are grippy and not slippery when wet (*all shoes must be well secured to the feet; no flip-flops!*)
- 2 Re-usable and durable water bottles (*minimum 1-liter capacity*)
- Sunglasses (*preferably polarized*) and retainer for loss prevention
- Sun hat, rain hat, or baseball cap
- Sunscreen (*waterproof & SPF30 or higher*)
- Lip protection (*SPF15 or higher*)
- Dry bag for stowing extra clothes and personal belongings (*see tips*)
- Towel (*quick drying recommended*)
- Insect repellent and/or a bug repellent treated shirt
- Flashlight + extra batteries (*headlamp or solar lantern best*)
- Snacks

Optionals:

- Camera or smart phone (*for photos*)
- Portable power bank + cable(s)
- Retainer/ Waterproof Case/ Float (*for phone, camera, memory cards*)
- Paddling Gloves
- Binoculars (*guides often have*)
- Sketchbook, journal & pen, book(s), or deck of cards for free time
- Liquor/Beer/Wine — *in moderation please! You need to paddle again.*