

## **Overnight Kayaking Trip / What to Bring:**

Please remember the weight you carry on your kayaking overnight trip is extremely critical, space is also very limited. Plan on wearing the same cloths multiple times while on the float; there is no need to wear clean cloths each day. Remember, a set of clean clothes for each day increase the amount of weight you carry and less space available for group gear. Each person will be carrying their equal share of group gear and food in their kayak.

Pack clothes and other supplies into gallon size zip lock bags. This will add additional protection to your clothes from getting damp when it rains or if your kayak tips over.

### **Clothing for a 3 Day/2 Night Float**

- Hat with a brim
- 2 Bandannas
- Rain Jacket Gear (as light weight as possible can ask as your wind breaker)
- 3 t-shirts (one to wear / two in pack) – Wicking material – Preferable no cotton
- 1 - pair of hiking shorts (wear) – No cotton
- 1 - pair of long pants convertible to shorts – No cotton
- 2 pair of underwear (one to wear / pack one)
- Lite weight long sleeve thermal top (suitable for layering)
- 2 pairs of socks
- Water shoes (to ware in boats)
- Crocks or light weight shoes to ware in camp after paddle

### **Clothing for Cooler Months**

- Toboggan (colder weather)
- 2 Bandannas
- Rain Jacket Gear (as light weight as possible can ask as your wind breaker)
- 3 t-shirts (one to wear / two in pack) – Wicking material – No cotton
- 1 - pair of hiking pants / long (wear) – No cotton
- 1 - pair of long pants convertible to shorts – No cotton

- 2 pair of underwear (one to wear / pack one)
- Lite weight long sleeve thermal top (suitable for layering) / For colder months
- Polar guard fleece jacket (suitable for layering) / For colder months
- 2 pairs of warm
- Warm lightweight hiking shoes
- Warm pair of gloves

**Equipment:**

- 2 Water bottles (32 oz Each)
- Mess Kit
  - Lite weight bowl
  - Spoon
  - Cup
- First aid kit (small personal kit)
- Bug spray – 98% deet
- Sun Screen
- Small hand sanitizer
- Small note book & pen (optional)
- Duct Tape – Wrap about 12" around water bottle
- Meds if needed
- Flash light (small – head lamp style is best)
- Compass (optional)
- Tooth brush
- Small tube of tooth paste (could share with tent mate)
- Toilet Paper

- Pocket Knife (small)
- Sleeping bag
  - Summer bag /50 degree (could use medium weight fleece camp bag for warmer months)
  - 25 to 30 degree bag rated bag for cooler months
- Sleeping Pad
- Light weight camera (optional)
- Extra gallon size zip lock bags / Freezer bags preferred
- 1 – 30 gallon trash bag
- Deck of cards (optional)
- Carabineers (2 minimum)
- Hammock (optional)
  - Some paddlers today are choosing to sleep in a hammock. If you chose to go this route you will have to provide your own hammock and fly for cover.

#### **Trip Home Back / Day Pack**

- Shirt
- Pants
- Underwear
- Socks
- Tennis shoes
- Full size towel
- Shampoo
- Tooth Paste
- Comb
- Money for meals headed home and one meal going

#### **What not to Bring:**

- Deodorant (bears love the stuff)
- Large Knife
- Extra heavy cloths
- Cell phone, they will not work on the trail (can leave in vehicle)
- Electronic games
- Extra cook gear
- Books
- Large bulky clothes

**Group Gear / Provided:**

- Kayak
- Paddle
- PFD
- Safety Gear
- Tent
- Tent Ground Cloth
- Cooking Stove
- Cooking Gear
- Food
- Water filtration and treatment systems
- Water storage bags
- Bear bags
- Group First Aid Kit
- Shelter Tape

