

Recommended Clothing & Equipment Checklist

Kayaking Expeditions

- _____ Completed Registration and [Release](#) Forms
- _____ Sleeping Bag
- _____ Rain Jacket OR Paddling Jacket with neck/wrist gaskets
- _____ Waterproof Hiking shoes OR Knee-high boots
- _____ Wool Socks
- _____ Polypropylene or Wool Long Underwear
- _____ Fleece Jacket
- _____ Rain Pants OR Quick-drying pants
- _____ Sunglasses
- _____ Sunscreen
- _____ Binoculars
- _____ Camera with spare batteries
- _____ Sunglasses
- _____ Seasickness Medication (when appropriate)
- _____ Any other medications you require (if appropriate)
- _____ Fleece or Knit Cap
- _____ One or more additional sets of additional clothing (+ socks)
- _____ Toiletry kit
- _____ Waterproof stuff sacks
- _____ Sleeping bag/pad
- _____ Tent



- Cookware & Stove
- Headlamp (useful around a cabin at night)
- Any alcohol you plan to consume.

You don't need to bring these (we have them)

- VHF/Satellite Phone
- GPS/compass
- First Aid/Survival Kit
- Tow Rope
- Lifejacket
- Paddling spray skirt
- Paddle
- Neoprene Gloves
- Food/beverages (please advise of dietary restrictions)