

Check list

Footwear			
Equipment	Notes	Check list	
Paddling shoes	Required: Paddling shoes are any shoe that provides comfortable protection and can get wet. I like a Teva style sandal with a closed toe.		
Socks	Required: Heavyweight socks for warmth. Wool socks are great thick fleece socks work almost as well. A thin polypropylene sock and provide a comfortable base layer. Bring an extra pair of socks		
Camp Shoes	Optional: Sneakers, boots, or other closed toe footwear (Except crocks) are refreshing in camp. If you are going to walk in the woods a shoe with a firm sole, ankle support, and closed toes is a must.		
Clothing			
<p>Clothing Materials:</p> <p>Cotton: No cotton please! Cotton is comfortable but it retains water which draws heat away from the body. Once cotton gets wet it stays wet and can become a serious health issue.</p> <p>Wool: Wool retains its insulating quality even when wet. It is also very durable.</p> <p>Fleece: also called pile, draws moisture from the skin without absorbing it. It is a great insulating layer. It is similar to wool but light and bulkier.</p> <p>Ploy propylene: A synthetic material that serves as a great insulator. It is effective as a moisture-wicking base layer against your skin on and off the water .</p>			
Equipment	Notes	Check list	
Synthetic T-shirt	Recommended- a light weight synthetic t-shirt is comfortable for camp or paddling on hot days. In full sun and on buggy days a nylon fly fishing shirt protects from UV and bugs. These shirts dry fast as well		
Top base layer	Required- A long sleeved synthetic shirt, Long underwear tops are often perfect however, a synthetic mid weight t-shirt like material will work as well.		
Top Insulating layer	Required- a wool shirt, sweater or jacket or light to mid weight fleece top.		
2 nd insulating top layer	Recommended – if you get cold easily a second fleece or wool layer may be advisable.		
Rain Jacket	Required- Any jacket must be waterproof and allow enough room for all your insulating layer to be worn under it. Breathable material are acceptable. You should get something with a hood and vented zipper if possible. Ponchos are not an acceptable substitute because they do not offer the same range of protection from the elements		
Bottom Base layer	Required: a synthetic long underwear bottom		
2 nd insulating Bottom layer	Optional : Fleece pants are a good option		
Hiking pants	Required: Durable , quick drying synthetic pants are ideal. Zip-off pants allow for use as shorts as well as providing ventilation		
Nylon shorts	Recommended: Durable quick drying synthetic shorts are ideal.		
Rain pants	Required- Any pants must be water proof and allow enough room for all your insulating layer to be worn under it. Breathable materials are acceptable.		

Sun hat	Recommended- A baseball hat or any wide brim hat protects your eyes and face from the sun.		
Sun glasses	Recommended- with 100% UV protection will protect your eyes from the sun and from sticks and in the woods. A hard case will provide protection for prescription glasses and a floating eyeglass leash is worth having.		
Winter hat	Optional -A fleece or wool hat is good on a cold night		
Gloves	Optional – lightweight gloves protect hands from but abrasion around camp.		
Sleeping gear			
Equipment	Notes	Check list	
Tent	Required- a three season tent with a good rain fly is required. You should also consider a ground cloth under the tent as an extra moisture barrier.		
Sleeping bag	Required- Synthetic fill bags will perform the best in our conditions. Down Bags lose all insulation if wet. 0° to 20° bag is comfortable in fall weather.		
Sleeping Pad	Required- The Sleeping pad insulates you from the cold ground . (and it's comfortable). Closed cell foam pads are acceptable as are compact self inflating air pads such as Therm-a-rest. But take care not to puncture or tear the air pad.		
Compression stuff sack	Required- This will make your sleeping bag more compact which will fit it in your boat better. You should line the compression sack with 1 or 2 garbage bags to make it water proof and keep your sleeping bag dry.		
Pillow	Optional- I stuff extra clothing into the compression sack and use it as a pillow however very small compact camping pillows are available.		
Packing Equipment			
Equipment	Notes	Check list	
Dry bags	To pack a kayak it is better to have several small bags than one or two large bags. This is easier and gives you more options when trimming the balance of the boat. Dry bags come in a variety of materials and sizes. Rubberized and PVC dry bags are dry reliable but will not slide past one another inside the boat as well as waterproof nylon bags. In either case smaller bags that fit your gear and fit easily into the hatches are the best choice. Tapered bags are made to fit into the ends of your boat and can be space savers however, these bags sometimes need to be packed while inside your boat depending on the bag size and hatch size. I often double bag items I want to be sure stay dry (like my clothes) by lining the dry bag with a garbage bag as well. In the absence of dry bags you can use other bags with garbage bags to keep items dry. However , on longer trips this is not a good option.		
Day Bag	It's nice to have a small backpack or fanny pack for items you may wish to carry on a hike or walk.		
Other gear			
Equipment	Notes	Check list	
Water storage	Required- 1 liter plastic water bottles. A bladder system like a camel pack can be used as a substitute for one of the bottles.		
Eating gear	Required- One bowl (a tupper ware style bowl with a lid is a nice		

	option), A knife fork and spoon are needed but a spork will also work. Bring an insulated cup for beverages.		
Flash light	Required- a light weight head lamp is a good option, a spare flash light or extra batteries and a spare bulb are a good ideas		
Whistle	Required- can be on your PFD or in a pocket in case you need to call for help.		
Navigation gear	Recommended- a compass is always nice to have		
Pocket knife	Recommended- a short blade		
Emergency space blanket	Recommended- has many uses in an pinch		
Nylon Cord	Recommended- 50' of parachute cord is always handy		
First aid kit	optional- We will have a group first aid kit however a personal kit is always a good idea		
Insect repellent	Optional – I hate the stuff and it should not be needed in September but ...		
Insect net	Optional-A head net or bug shirt are great in bug season however we should be clear of the bugs by late September		
Sun screen	Optional - a small bottle of spf 30 is great for a weekend		
Towel	Optional- camp towel or fleece are nice but bulky		
Bandana	Optional – 10000 uses		
Writing materials	Optional- Water proof pens and pads are great for notes and journaling		
Camera	Optional- water proof and shock resistant		
Camp Chair	Optional- nice comfort option but it must fit into your boat,		
Lighter / Matches	Optional – always handle however we will have some.		