

ADVENTURES IN *Florida*

KAYAK/TOURING/LODGE GEAR LIST

- Small day pack or fanny pack
- Pain reliever
- Personal medical supplies (Prescriptions, inhaler, antibiotics, etc.)
- Water bottles
- Flashlight or head lamp
- Spare batteries
- Sunglasses
- Prescription Glasses/Contact lenses and supplies
- Leatherman™ or Multi™ tool
- Feminine hygiene products
- Toothbrush
- Toothpaste
- Hair brush/comb
- Antibacterial gel
- Pack towel/wash rag
- Moist towelettes
- Water shoes or sandals
- Bandanas
- Brimmed Hat
- Mosquito head net
- Raingear - waterproof/breathable jacket
- Fleece or wool shirt or sweater
- Light weight camping pants
- Swim suits
- Shorts
- T-shirt s
- Long Sleeve shirts - light weight (Great for sun protection)
- Underwear
- Gloves (For paddling and warmth)
- Sun Screen
- Sunburn Cream
- Insect repellent
- Lip Balm

Optional (but nice to have)

- Candle Lantern/candles
- Books
- Journal and pen
- Playing Cards
- Binoculars
- Camera and film
- Waterproof Camera Bag
- Snorkeling gear
- Snacks.