

ADVENTURES IN *Florida*

KAYAK/TOURING/LODGE GEAR LIST

On ADVENTURES IN FLORIDA'S wilderness tours watches, cell phones, personal radios, lap tops, and all other battery operated gizmos (except cameras) are banned from being on the trip. In addition the leaders prepare and serve all meals. Avoiding the distraction of electronic beeps, not knowing what the exact time might be, and not having any meal time chores gives participants the chance to play and rediscover the magic of wild places.

- 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.