

## Multi-Day Guided Trip Gear Checklist

### Paddling Clothing/Outerwear

- Raincoat or paddling jacket with hood
- Rain pants or paddling pants
- Rubber boots (provided)
- Wool or fleece hat
- Fleece gloves
- Paddle gloves (provided)
- Sun hat – ball cap etc.
- Sunglasses (secure strap)

### Clothing No Cotton Please

- 2 base layer synthetic tops
- 2 warm tops (fleece or wool)
- 1 synthetic jacket
- 1 synthetic vest (optional)
- Windbreaker
- 1 t-shirt
- Light weight pants (wind pants or nylon)
- 1 pair synthetic long underwear bottoms
- Fleece pants or heavy long underwear
- 3 pair warm socks (wool or polypro)
- Camp/hiking shoes or sandals
- Bug head net
- Bandanna

### Camp Gear

- Water bottle (at least 1 quart)
- Toiletries (minimize scents)
- Small towel or washcloth (wet wipes work well)
- Medications or allergy kits (if needed) (please remember to advise guide if you have medications)

### Extras

- Camera and gear with extra battery
- Binoculars
- Small books and guidebooks

### Packing\*

- Dry bags if you need extras or trash compactor bags in stuff sacks – provided on guided trips (I provide these, keep smells out of these, snacks, medications)

### Packing Tips:

\*Assume you might be packing your boat and launching in rain in which case you will need to bring all of your gear down to the beach and spread it out so you can fit everything in the boat. Be prepared by-

- Not overstuffing the dry bags
- We are in a rainforest, the best strategy I've found is trying to keep one set of clothes for being out (probably in rain some days), and keep one set of clothes just for in the tent that will stay dry
- Having all clothing items compressed in Ziploc bags even when using dry bags & labeling with name of item will help maintain dryness.
- Protecting your plastic bags with stuff sacks to prevent tears
- Packing gear in more small bags as opposed to one big bag
- Not packing what you will be wearing to paddle in
- Remembering where you packed everything
- **Space is limited, pack simply**