



## What to Bring: Multi-Day Trips

Choose equipment that will serve you well. Your choice is part of your adventure. This list should be modified to suit your ability, knowledge, and the environment.

### Clothing

Old sneakers, wet suit booties, or surf shoes for boating  
Sneakers or extra surf shoes for dry land  
2 pairs of socks  
Long underwear or tights (preferably poly, nylon is cold)  
Fleece jacket or wool sweater  
Rain gear: hat, jacket, and pants  
Sun hat or visor, poly or wool ski hat  
Zip-T or heavier shirt (preferably poly)  
Shorts, preferably quick drying  
Bandanna or small towel  
Extra change of clothes

### Camping

Summer sleeping bag (down or fiberfill, not cotton): the smaller the stuffed size, the better  
Compression stuff-sack  
Sleeping pad (3/4 length Therm-a-Rest recommended)

### Personal

Water bottle  
Personal toilet kit and small towel  
Small flashlight and/or headlamp; extra batteries  
Insect repellent  
Sunglasses with strap (possibly floating)  
Sunscreen, lip balm, biodegradable soap  
Any specialized medications or needs

### Other things

Farmer John or shorty wetsuit for summer paddling  
Paddling jacket  
Paddling gloves  
Dry bags & boxes  
Daypack or waist pack  
Binoculars (small)  
Waterproof camera  
Large mesh bag for carrying gear from boats to campsites