

What to Bring: Courses & 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, the environment and type of course or trip.

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
- Sunscreen, lip balm
- Sunglasses with strap (possibly floating)
- Personal toilet kit, small towel, biodegradable soap
- Small flashlight and/or headlamp, extra batteries
- Insect repellent
- 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