



## **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**

Wet suit booties, surf shoes or old sneakers for boating.  
Farmer John or shorty wetsuit for summer paddling or drysuit.  
Paddling jacket.  
Shoes or sandals for camp.  
2 pairs of socks.  
Long underwear or tights (wool or synthetic).  
Fleece jacket or wool sweater.  
Rain gear: hat, jacket, and pants.  
Sun hat or visor, synthetic or wool ski hat.  
Mid-weight fleece or sweater (wool or synthetic).  
Shorts or pants, quick drying.  
Bandanna or small towel.  
Extra change of clothes.

### **Camping**

Tent - small backpacking style.  
Sleeping bag (down or synthetic): the smaller the stuffed size, the better.  
Compression stuff-sack/dry bag.  
Sleeping pad.  
Stove - small backpacking type, fuel.  
Cookware, utensils, bowl, mug.  
Food and provisions.

### **Personal**

Water bottle.  
Sunscreen, lip balm.  
Sunglasses with strap (possibly floating).  
Personal toilet kit, biodegradable soap.  
Headlamp, extra batteries.  
Insect repellent.  
Any specialized medications or needs.

### **Other**

Dry bags.  
Large mesh bag or Ikea-type bag for carrying gear from boats to campsites.  
Kayaking/safety gear, unless being supplied by MIKCo.  
Dromedaries filled with fresh water, unless being supplied by MIKCo.