



EQUIPMENT CHECKLIST – MULTIDAY TRIPS

CLOTHING (recommendations; **bold** = essential on any trip; use quick-drying synthetics, not cotton; quantities and details may vary with season and length of trip so use your judgment; bring several stuff sacks (or plastic bags) to protect and organize clothing; bags must fit in hatch if kayaking)

- **Underwear** (long underwear if chilly or paddling)
- **Socks** (at least 2 pair)
- **T-shirt(s)**
- **Long sleeve shirt(s)**
- **Long pants**
- Shorts
- **Belt**
- **Rain/wind jacket**
- **Sweater** (fleece or wool)
- Vest (fleece or wool)
- **Hats** (one for warm, one for sun)
- Hat keeper (for wind: lanyard with clips)
- “Moccasins” (for camp)
- **Shoes** (like hiking sneakers)
- Bandana or buff
- **Gloves** or mittens
- Bathing suit
- **Towel**

PERSONAL GEAR (*italics= can be supplied by guide after discussion*)

- **Day pack** (must fit in hatch if kayaking)
- **Ten Essentials kit** (see below)
- **Water bottle**
- **Sunglasses**
- **Sunscreen and lip balm**
- **Insect Repellent** (ideally DEET*)
- **Personal toiletries** and medications
- Small pillow
- Glasses
- **Cell phone, charger, & dry case**
- Camera, memory cards, batteries
- Binoculars
- Repair kit (superglue, duct tape, etc)
- Reading and writing materials
- Fishing license and gear; if needed
- *Sleeping bag*
- *Tent*

TEN ESSENTIALS (pretty much ALWAYS carry these in a small kit: *italics= supplied by guide*):

1. Pocket knife or multitool
2. LED headlamp & batteries
3. Lighter or weatherproof matches
4. First aid essentials (including Rx)
5. Waterproof/windproof jacket
6. Water and purification
7. Energy food
8. Emergency space blanket
9. *Compass and map*
10. *Whistle*

PADDLING SPECIFIC GEAR (*italics= items supplied by guide*)

Closed toe water shoes (no sandals)

Kayak/Canoe (minimum 14 ft) and Paddle

Paddle jacket

Spray skirt

Paddle gloves

PFJ (life jacket; for paddling) and whistle

Quick dry paddle shirt and “sweatpants”

Bilge pump

*I recommend that you use insect repellents with DEET because they work best. In the concentrations used, DEET has been found medically to be far safer than the serious diseases (like Lyme’s), allergic reactions or infections that insects can cause. You’re not using it every day for months or years, and it makes sense to use it when you NEED it!