

Overnight Paddle Trip Personal Gear

(3 days, 2 nights)

- Dry bag (or backpack with thick trash bag to put over backpack. 50+ liters, large enough to fit all of your belongings.)
- Sleeping bag
- Sleeping pad
- Headlamp or flashlight and extra batteries
- Mess kit (bowl/plate/cup, eating utensil)
- Toiletries
 - Toothpaste, toothbrush
 - Glasses, contact solution, etc.
 - Bug spray
 - Sunscreen
- Hiking clothes (2-3 pairs, non-cotton preferred)
- Warm layers
 - Long underwear
 - Top insulating layer (ex. fleece sweatshirt)
- Underwear (3-4 pairs)
 - Optional: sports bra
- Socks (3-4 pairs + 1 warm pair for sleep)
- Shoes to wear while paddling that can get wet (ex. sandals with a heel strap or water shoes)
- Camp shoes (shoes to wear at camp that will stay dry)
- Rain jacket or poncho
- 2 water bottles (32 oz)

Optional:

- Bandanas
- Hat
- Sunglasses
- Book and/or journal
- Knife