

PACKING LIST - KAYAKING THE ADIRONDACKS

FOOTWEAR

- 1 pair of water shoes, sandal with heel strap like Teva or Keen, used for kayaking and carries
- 1 pair of comfortable athletic shoes, Crocs or sandals for in camp (water shoes will be wet)
- 1-2 pairs hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Ultimax)
- 1 pair of socks to wear with water shoes on carry (wool or synthetic equivalent)

CLOTHING

- 1 pair of comfortable supplex/nylon long pants for hiking. Zip-offs work well
- 1-2 pairs of supplex/nylon shorts for kayaking (hiking zip offs can be one of these pairs)
- 3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 1 lightweight, long-sleeved shirt for hiking. Button up front works well.
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene) It could be cool.
- 1 medium-weight top layer (fleece or wool shirt/pullover. A fleece or wool vest works for this layer as well)
- 1 warm lightweight jacket (fleece/wool/down)
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex. Not a poncho.
- Underwear/nightwear
- 1 pair wool, Capilene, or Polartec gloves
- 1 warm wool or fleece hat
- 1 wide-brimmed hat for protection from the sun
- 1 swimsuit or quick-dry shorts and a sports bra
- Clothing for first and last night out for dinners in town. (Casual)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/personal 'patch' kit (see notes on packing list for details)

Please note: Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.

EQUIPMENT/ESSENTIALS

- Sleeping bag rated to 30°F (see notes on packing list)
- Sleeping pad (see notes on packing list)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Ear plugs (for a good night's sleep!)
- 32 oz water bottle for kayak days
- 1 – 3 stuff sacks to stay organized.
- 1 – 2 bandanas
- Insulated mug for hot drinks
- Tupperware sandwich container for lunches
- small body towel

OPTIONAL (personal preference, not required)

- 1 pair of neoprene or synthetic water socks, optional but nice if the water temp is cool.
- Camera (extra battery) and film/memory card
- Binoculars
- Paddling Gloves (nice to have for the carry)
- Your favorite snack
- Book, notebook, journal, pencil/pen
- Wristwatch/travel alarm
- Small folding camp chair

NOTES ON PACKING

Footwear: The right shoes are very important to your safety and enjoyment. You will need to have a water shoe that has straps or laces and will stay on your foot (not flip flops) The shoe should also have a good sole for use during our portages. Examples: Keen H2O, Teva, Chaco, Salomon Tech Amphibian, NRS with hard sole. You will also need a light hiker for the optional hikes as well as a comfortable camp shoe (these might be the same). Crocs work well as camp shoes.

Personal First Aid Kit: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band aids/compeed/moleskin/personal choice), personal prescription medications, over the counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you rather than experiment on a trip

- **Please note: If you have severe reactions to insect bites/stings or other severe allergic reactions and have been advised to carry an Epi-Pen please do not forget to bring that with you and let your guides know.**

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Hydration: It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. For kayaking, the easier method is to use a water bottle that can be positioned for easy access while paddling. Large mouth water bottles are also much easier to refill. Nalgene makes a great water bottle for such a trip.

Provided Dry Bags: Dry bags will be provided. Each person will be given two dry bags, a 30L bag and a smaller 5L or 10L bag. This is the bag you will pack all your clothes and personal items in. Camping gear will go in separate dry bags. As the name implies these bags are specially designed to be used for such trips and to keep things dry.

Sleeping bag and Sleeping pad: Since this is a camping trip, both a sleeping bag and a sleeping pad are required equipment. If you do not have these items and would like to rent them upon arrival in the Adirondacks, additional information will be sent closer to trip departure. If you have questions regarding equipment you currently have or wish to purchase please contact the office at 1-877-439-4042 or email us at info@goodadventure.com