

PACKING LIST – ON THE SUWANNEE RIVER

FOOTWEAR

- 1 pair of shoes for paddling: for water, neoprene paddling booties/shoes are ideal. However, you can also wear Solomon or Keen water shoes, Teva/Chaco sandals, or athletic shoes. You can expect your feet to get wet as you get into and out of your kayak.
- 1 pair of walking/hiking shoes, can be low or mid.
- 1 pair of comfortable shoes for wearing around the cabin (e.g. crocs, wool clogs, slippers)
- 2 pairs hiking socks (these should fit in your paddling shoes, you may want to wear them if the weather is cold)
- 1 pair neoprene socks (optional, but nice to wear with sandals if the weather is cold)

CLOTHING

- 1 pair comfortable, lightweight pants (light wool or Supplex/nylon material). Zip offs work well.
- 1 pair of shorts (optional)
- 2 T-shirts or short-sleeved shirts, preferably synthetic or lightweight wool
- 1 long-sleeved, lightweight shirt for protection from sun, button up is ideal
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition weight” long underwear, microfleece). A fleece or wool vest can work for this layer as well.
- 1 fleece jacket
- 1 rain parka coated nylon or a waterproof/breathable fabric like Gore-tex. Some people like a rain hat as a substitute for wearing their hood while paddling.
- Underwear/nightwear
- 1 wide-brimmed or baseball hat for protection from the sun.
- 1 – 2 changes of comfortable clothes to wear around the cabin and out to dinner (e.g. pants and/or skirt, with a couple of tops)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal “patch kit”: Band-Aids, 1 safety pin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your physician
- Shampoo, conditioner, soap – these items are not provided at the cabins

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

ESSENTIALS

- Sunglasses (100% UV protection) w/ retention strap; polarizing sunglasses are recommended
- 1 one-quart water bottles or hydration system
- Bandana(s)
- Headlamp or flashlight with fresh batteries
- Binoculars (highly recommended)
- Favorite snack (snacks are provided but if you have a favorite/dietary need we recommend that you bring your own)
- Bathing Suit and camp towel
- 1 daypack (lined with a garbage bag) or medium sized dry bag - large enough to hold your supplies for the day (water, snacks, raingear, extra layer, etc.); large ziplocs can also work for dry bags

OPTIONAL

- Book, notebook, journal, pencil/pen
- Camera (extra battery) and film/memory card
- 1 pair paddling gloves (padded bike gloves work well; if it is cold neoprene gloves are a plus)
- Rain pants
- PFD if you have one that you love feel free to bring it along – otherwise they will be provided
- wristwatch with an alarm or travel clock
- Playing cards/small game

NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing in the van

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. 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 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. 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? Your wind/rain pants 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 shoes. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Shoes/Boots: Bring shoes or boots that can get wet; if you are bringing one pair for both, we recommend ones that can protect your toes when we hike, such as Solomon or Keen water shoes. Teva/Chaco sandals are also an option (though it may be cool weather, so bring socks). Aqua socks could work well for the paddling portion of this trip because we don't do any hiking.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like blister band aids, remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Waterproof Bags: If you choose to bring waterproof bags for your day-bag pack, several companies make vinyl bags with good closures (Sea to Summit, Phoenix, Outdoor Research, Cascade Designs). Wide-mouthed plastic jars are good first aid supplies, and the like. Ziplock bags are handy for many uses.