

Equipment List: Paddling Overnights

This clothing list is intentionally specific because we want you to be safe and to enjoy your outdoor experience. It is best to be prepared for cold and wet, no matter what the weather forecast. It is better to dress with layers so that you can regulate your temperature based on your activity level and changes in the weather. We strongly recommend synthetics (thermax, capilene, bergalene and other non-cottons) or wool because these materials retain their insulating qualities when damp whereas cotton does not. Make sure that your layers are sized in such a way that you will be able to easily wear all of them at one time (inner wicking layer, middle insulating layer, outer weatherproof layer). Dressing according to these concepts will increase the quality and enjoyment of your outdoor experience.

Head and Hands

- 1 pair mittens or gloves & liners (fleece or wool)
- 1 warm hat (fleece or wool)
- 1 wide brim sun hat (optional)

- 1 neck gaitor or scarf (optional)

Upper Body

- 1-2 long underwear tops (synthetic propylene, not cotton!)
- 2 insulation layers (expedition weight long underwear, fleece jacket/vest, or wool sweater)
- 2 t-shirts (cotton or lightweight synthetic)
- 1 wind jacket (optional) or **paddle jacket**
- 1 raincoat (must be waterproof and fit over other layers)

Lower Body

- 1 pair shorts (quick drying nylon is best)
- 1 pair long underwear bottoms (synthetic propylene, not cotton)
- 2 pairs pants (something quick dry, not denim)
- 1 pair fleece pants or long underwear bottoms
- 1 lower body shell (quick drying nylon) wind pants, or **rain pants**
- regular underwear for 3 days

- bathing suit (optional)

Feet

- 2-3 pairs wool socks (thick wool or wool-blend)
- 1 pair camp shoes (sneakers or lightweight hiking shoes, no sandals)
- 1 pair liner socks (thin, synthetic material to wear under booties- optional)
- water shoes or crocs or **water booties**

PRO TIP: Pack clothing for wearing on the bus ride back to campus so that you can change into something clean and dry after the trip.

Personal Gear

- stuff sacks, garbage bags or Ziplocs (to organize and waterproof)
- 1-2 bandanas
- watch
- **1 sleeping bag** (3-season, synthetic fill, rated to at least 20 degrees with stuff sack)
- **1 sleeping pad** (thermarest, or closed cell ensolite pad)
- 2 1-liter water bottles (with leak-proof lids)
- insulated mug
- bowl (Tupperware® bowl with lid works well)
- fork and spoon
- flashlight or **headlamp** (with spare batteries and bulbs)
- day pack for hiking with water, layers and food
- waterproof phone case

Personal Maintenance Kit

- chapstick, waterproof sunscreen
- sunglasses (with keeper strap/croakies)
- toothbrush, toothpaste
- tampons/pads (bring Ziploc® bags to carry out trash)
- contacts, contact solution, glasses
- personal medication (let instructors know)
- Optional: pocket knife, camera, extra dry bags, notebook/journal and pencil

Group Gear is provided by COE at no charge

- * Tents and tarps
- * Cooking gear & food
- * First aid kit
- * Paddle, personal flotation device, boat
- * Waterproof backpacks and bags for all your gear

Items in bold can be rented from COE Outfitting for a fee. Visit this page for the price list:
<https://scl.cornell.edu/coe/outfitting/gear-rental>