



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.

Upper Body

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

Lower Body

- ☐ 1 pair shorts (quick drying nylon is best)
- ☐ 1 pair long underwear bottoms (synthetic propylene, not cotton)
- ☐ 1 pair fleece pants or long underwear bottoms
- ☐ 1 lower body shell (quick drying nylon, **wind pants, or rainpants)
- ☐ regular underwear as needed
- ☐ bathing suit (for wearing under wetsuit)

Head and Hands

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

Feet

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

Personal Gear

- ☐ stuff sacks, garbage bags or Ziplocs (to organize and waterproof)
- ☐ 1-2 bandanas
- ☐ **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

Personal Maintenance Kit

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

Group Gear

- * Tents and Tarps
- * Cooking gear & Food
- * First Aid Kit
- * Paddling Gear: wetsuit, paddle, personal floatation device, boat

** These items are provided by COE and are covered in the course fee.*

*** These items can be rented from the COE Outfitting*

