

# BOLD PATHS ADVENTURE TRAVEL

A LIFETIME OF ADVENTURE AWAITS



## Bold Paths Kayak Gear Guide

Everything needs to be protected in dry bags or tightly-tied vinyl/plastic bags with cloth stuff sack or pillowcase over it.

**DRESS FOR THE WEATHER!!!**

### Day Trip

- Water (2 quarts)
- Bathing suit & Towel
- Sunglasses
- Sun Hat
- Sunscreen
- Lip balm, SPF
- Lunch, personal snacks
- Trash bag
- Lightweight sun shirt
- Extra change of clothes (not cotton)
- Jacket, raincoat
- River shoes, sandals or an old pair of shoes
- Dry bag to keep items dry
- Camera (optional)

### Provided (day trip)

- Snacks
- Kayak, paddle and PFD
- Instruction

### Overnight Trip

- All Day Trip items plus:
- Sleeping Bag in stuff sack, (Packed inside plastic bag with stuff sack on outside)
- Sleeping pad
- Tent with waterproof fly and groundcloth
- Flashlight with batteries
- Warm clothes (not cotton)
- Extra socks and camp shoes
- Fleece or wool hat
- Bug repellent
- Extra water bottles

### Provided (overnight)

- Group gear including cooking gear and food
- All overnight gear may be available to borrow
- Some dry bags are available
- Kayak, paddle and PFD
- Instruction

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## Equipment Descriptions

### Footwear

Socks: 75% to 100% wool, heavy rag type, or thick polypropylene.

Shoes: for paddling trips, bring shoes that can get wet. For the other trips, please wear sneakers or boots that you can hike in and pack a pair of water shoes or tevas for playing in water.

**Clothing** – in general, synthetic materials or wool are preferable to slow-drying cotton.

### Upper Body Layers

T-Shirt: OK to bring a cotton t-shirt, if you have a synthetic one, bring that too

Primary Layer: light weight long underwear top of wool, fleece, polyester, or polypropylene.

Top Layer: Warm fleece jacket. A heavy wool sweater or jacket also works.

Rain Jacket: Coated nylon and synthetic rain gear is acceptable, as is light-weight plastic.

Fleece or Wool Hat: Comfy enough to sleep in and heavy enough to keep you warm.

### Lower Body Layers

Shorts: Light Athletic shorts work well.

Long underwear Bottoms: Polypropylene, polyester (Capilene, etc.), or mostly wool. No cotton or Duofold.

Underwear: 2 pair or so.

Wind Pants: A pair of Nylon shell pants, not necessarily waterproof. Light athletic pants are fine. Cotton pants (i.e. jeans) are not as good because if they get wet, they take a long time to dry and do not provide any warmth when wet (in fact, they make you colder.)

### Sleeping Gear

Sleeping Bag: Synthetic fiber is best. A rating of +30 degrees or so should be sufficient, stuffable is preferable. Some gear to borrow is available.

Sleeping Pad: Padding and insulation for sleeping as well as a cushion for relaxing in the afternoon. Closed cell (3/8 inch or more) or Therma-rest.

Sleeping Bag stuff Sack: This stuff sack should be lined with a plastic bag to keep your sleeping bag dry.

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## **Miscellaneous Personal Gear**

**Bandana:** For sweat rags and other uses. Different colors are fun.

**Eating Gear:** Durable plastic or metal bowl, cup/mug, and a spoon. (We could bring forks, but part of the fun is seeing how many things we can eat with just a spoon.) We have plenty durable bowls and cups that you can borrow.

**Water Bottle:** Liter or Quart container.

**Flashlight:** Should be lightweight. A small flashlight (2 AA batteries) is good because you can hold it in your mouth to cook or set up a tent after dark. Make sure the batteries are fresh. A headlamp is fine too.

**Hygiene Articles:** Toothbrush, small tube of toothpaste.

## **Optional Miscellaneous Items**

**Mosquito head net:** A simple device worn over the head to keep off mosquitoes.

**Notebook and Pen and Pencil:** Nothing fancy or anything... Just light and small.

**Camera and Film:** Lightweight, small cameras are best. Make sure the batteries are fresh.

**Knife:** A small pocket knife is often useful. Must be used respectfully and carefully.

**Lip Balm:** Sun protection (preferably) SPF 30 or more) stick or cream.