

# BOLD PATHS ADVENTURE TRAVEL

A LIFETIME OF ADVENTURE AWAITS



## Bold Paths Kayak & Camping Gear Guide

The list below *includes* what you wear on the first day of the trip

**DRESS FOR THE WEATHER!!!**

### Upper Body Layers (NOT cotton)

- T-shirts (2)
- long sleeve shirt, light weight for bugs, preferably quick-dry fabric
- Extra fleece jacket or wool sweater
- Rain Jacket
- Fleece or wool hat

### Lower Body Layers (NOT cotton)

- Underwear
- Shorts, preferably quick dry (2)
- Pants or wind pants or rain pants (1 pair, 2 if rain is predicted)
- Long underwear (1)
- Dry camp shoes
- Water Shoes
- Socks, wool or polypropylene (2)

### Sleeping stuff

- Sleeping Bag in stuff sack, (Packed inside plastic bag with stuff sack on outside)
- Sleeping pad

### Miscellaneous Items

- Swim suit & towel
- Eating gear (bowl, cup, spoon)
- Stuff sacks or pillow cases

### Day Pack

- 1-2 liter Water Bottles (full)
- Flashlight with Batteries
- Plastic bags for all gear.
- Sunhat

- Sunglasses
- Sunscreen & Bug repellent
- Toothbrush and paste

### Optional

- Notebook/ Pencils or pens / Colors
- Pocket knife
- Chap stick
- Bandana
- Mosquito head net
- Book

### Group Gear—Provided by Bold Paths

(If you have personal equipment you would like to contribute, let us know)

- Water filtration pumps and purifier
- Tents and Tarps
- Ground Cloths
- Stakes and ropes
- Stoves/ Fuel Bottles/lighters
- Trowel and Toilet Paper
- Cooking Gear
- Food and Spice Kit
- Plastic Bags
- Maps/Compasses
- Repair Kits (stove, tent, sewing, etc.)
- First Aid
- Sunscreen
- Bug Repellent
- Boats, paddles, PFDs, ropes, dry bags

***Missing anything? Let us know!***

***We've got lots of clothing and equipment that we can loan out.***

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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.