

Bold Paths Kayak & Camping Gear Guide –for 2 or 3 day trip

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 (2-3)
- ♣ 1-2 long sleeve shirts, light weight for bugs, preferably quick-dry fabric
- ♣ Extra fleece or wool jacket or sweater (not cotton)
- ♣ Rain Jacket
- ♣ Fleece or wool hat
- ♣ Rain pants if you have a rainy week

Lower Body Layers (NOT cotton)

- ♣ Underwear
- ♣ 1-2 pr Shorts, preferably quick dry
- ♣ 1 pr Pants or wind pants or rain pants (2 pr if there is a prediction of rain)
- ♣ 1 pr long johns
- ♣ Dry camp shoes
- ♣ Sneakers or hiking shoes
- ♣ Water Shoes if you have them
- ♣ 2 pair socks, wool or polypropylene

Sleeping stuff

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

♣ Swim suit & towel

♣ Eating gear (bowl, cup, fork and spoon) (bonna has some plates and bowls, please bring silverware)

♣ Stuff sacks or pillow cases

♣ Day pack

Miscellaneous Items

- ♣ 1-2 liter Water Bottles (full)
- ♣ Flashlight with Batteries
- ♣ Plastic bags for all gear. –do not tie in a knot (unless it is a slip knot)
- ♣ 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)

(If you need personal gear, ie sleeping gear, polypropylene or fleece shirt, etc, let us know)

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

Missing anything? Let us know! We've got lots of clothing and equipment that we can loan out.

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.

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.