

Bold Paths Adventure

Camp / Kayak & Camping Gear Guide –for 4-night trip - plus what you are wearing

DRESS FOR THE WEATHER!!!

Upper Body Layers (NOT cotton)

- § T-shirts (4)
- § 2 long sleeve shirts, light weight for bugs, preferably quick-dry fabric - again, not cotton.
- § 2 long sleeve warm shirts and/or long john tops
- § Extra fleece or wool jacket OR sweater (not cotton)
- § Rain Jacket
- § Rain pants if you have them
- § Fleece or wool hat
- § Sun Hat

Lower Body Layers (NOT cotton)

- § Underwear
- § Bathing suit
- § 2-3 pr Shorts, preferably quick dry
- § 2 pr Pants or wind pants or rain pants
- § Dry camp shoes
- § Water Shoes if you have them
- § 3 pair socks, wool or polypropylene - for hiking and a clean dry warm pair for sleeping bag

Sleeping stuff

- § Sleeping Bag in stuff sack, (Packed inside plastic bag with stuff sack on outside for kayak trips)
- § Sleeping pad
- § Tent ? 2-3 person tent

Also: § Swim suit & towel

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

§ Stuff sacks or pillow cases with large plastic bags inside

Miscellaneous Items

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| § 2 liter Water Bottles (full) | § Bug Repellant | |
| § Flashlight or Headlamp with extra Batteries | § Toothbrush and paste | |
| § Plastic bags for all gear. –Ziplocks are great, do not tie bags in a knot (unless it is a slip knot) | § Notebook/ Pencils or pens / Colors | |
| § Sunglasses | § Locking style Pocket knife | |
| § Sunscreen | § Chapstick | § Bandana |
| | § Mosquito head net | § Book |

Group Gear—Provided by Bonna Wieler of 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
- § Spare Tent with waterproof fly - let us know if you need one.
- § 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 Thermo-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 some durable bowls and cups that you can borrow. Water Bottle: Liter or Quart container. Flashlight: Should be lightweight. A headlamp is best, or a small flashlight (2 AA batteries) is good that you can hold it in your mouth to cook or set up a tent after dark. Make sure the batteries are fresh. Hygiene Articles: Toothbrush, small tube of toothpaste, soap

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.