

# Hike and Paddle Packing List

*We will provide all paddling equipment: boats, PFD's, paddles, safety gear, etc.*

## CLOTHING

*I usually bring 2 sets of clothing: paddling clothes (I wear this under my rain gear/paddle pants) and then a second set for camping/hiking). On trips I usually practice yoga in my base layers, sometimes my yoga pants...sometimes my long underwear 😊*

*I HIGHLY recommend having quality raingear- pretty much mandatory for any Alaska trip*

### **Torso:**

- Rain Jacket
- Moisture wicking T shirt/tank top
- 2 NON COTTON insulating base layers
- 2 medium weight NON COTTON mid layer (polypro, fleece, wool, etc)
- Warm jacket

### **Legs:**

- Quality Rain pants (I bring one pair for paddling and one pair for hiking/camp)
- 2 pairs NON COTTON long underwear (one for paddling, one for camp)
- NON COTTON Athletic pants (for hiking/camp)
- Pants for yoga (anything goes!)
- Shorts, Sleeping pants, skhoop skirt (optional items, weather depending)

### **Hands:**

- We will provide paddling gloves/pogies, but feel free to bring your own if you have them
- Gloves for camp (optional, bring if you have cold hands)

### **Head:**

- Warm hat
- Sunhat w/brim
- Sunglasses

### **Feet:**

- 3-4 pairs warm NON COTTON socks

- River shoes: Rubber boots or neoprene booties for paddling (if you don't have either, let us know; you can borrow from us) I prefer rubber boots, that way I have dry feet) If the weather looks warm, you might be able to get away with chacos...but I would bring rubber boots regardless)
- Shoes for camp/hiking
- Sandals/crocs (optional)

## SLEEPING

*We will provide tents, but feel free to use your own if you'd rather. Let us know if you'd like to rent sleeping bags or sleeping pads*

- Synthetic Sleeping Bag (rated 20 deg or lower)
- Insulated Sleeping Pad (closed cell foam or air/thermarest)
- Camp pillow (optional, I usually throw my jacket into a stuff sack or something)

## PERSONAL ITEMS

- Extra ziplocs and trash compactor bags
- Small drybag for day paddling gear (if you don't have, you can borrow from us- just let us know)
- Small packable camp chair or sit-pad
- Minor 1<sup>st</sup> aid kit (personal meds, little fixes for personal "owies")
- Sunscreen, lip balm and sunglasses
- Camera
- Insect repellent if you use it
- Water Bottle (32 oz min)
- Coffee/tea mug
- Headlamp
- Toiletries (fyi: we will have toilet paper, but feel free to have your own stash)
- Notebook and pen/pencil, Reading book (optional)

## YOGA ESSENTIALS:

- I usually practice yoga in my paddling or hiking clothes, but that is always weather depending. This is a personal choice.
- Yoga Mat: Bring an outdoor yoga mat, a cheaper/older one, or one you don't mind getting some wear and tear on. I usually use a closed cell-foam insulated sleeping pad for outdoor yoga, but again, it's up to you.