



## Paddle Trek Gear List

Please read through the gear list below to start planning and preparing for the trip. Print it out and use it as a checklist as you pack! If you have any questions about items on the list or need recommendations / clarification, email [info@rippleffect.net](mailto:info@rippleffect.net). If you need to borrow any of the items followed by an asterisk (\*), please let us know by completing this [google form](#).

### A Few Reminder

- **Please limit cotton clothing!** Cotton (including jeans) takes a very long time to dry and does not retain its warming properties when wet. Polyester, synthetics, nylon, fleece, and wool are all great options.
- All participants are required to wear shirts at all times. The nature of our programs require athletic style swimsuits and rash guard tops to prevent rubbing of PFDs and salt water.

### How to Pack

- We recommend packing into a duffel bag. Guides will work with participants to review what they packed before heading out on expedition.

### Shoes

- Water Shoes – close toed shoes only (Crocs work great)
- 1 pair of comfortable, close-toed shoes, like sneakers, for activities and moving about the island

### Base Layers

- 2 synthetic or wool long sleeve tops\*
- 1 pair long underwear bottom\*
- 4 pairs wool socks
- Underwear
- 1 swimsuit
- 4 synthetic t-shirts
- 2 to 3 pair synthetic shorts

### Mid / Insulating Layers

- 2 heavy fleece or pile/puff layer\*
- 2 pair synthetic (non-cotton) pant – fleece or track pants work\*

### Outer Layers

- Rain gear - both pants and jacket (water proof/wind proof)\*
- Winter hat – (non-cotton)



- Lightweight non-cotton gloves
- Baseball cap or sun hat
- Bandanna

### **Personal Gear**

- Sleeping bag\*
- Sleeping pad\*
- Headlamp or flashlight with extra batteries
- 2 Compactor or contractor trash bag (for waterproofing)
- Plastic Bowl
- Fork/Spoon
- 2 water bottles (need to have sealable tops, think Nalgene)
- 1 travel mug for hot liquids
- Sun glasses

### **Toiletries**

- Sunscreen
- Chapstick
- Toothbrush and toothpaste
- Small bottle of hand sanitizer
- Any medications needed for the duration of the program

### **Optional Personal Gear**

- 2 to 3 small/medium sized (10 liter) dry bags
- Watch
- Digital or disposable camera
- Small stuff sacks
- Journal and pen

### **Personal Paddling Gear**

Please do not feel like you need to purchase paddling gear, Rippleffect can provide participants with all necessary paddling equipment. If you own personal paddling gear, please feel free to bring it. Before use, Rippleffect staff will give it a safety check and make sure it meets our standards.

- PFD (personal flotation device)
- Sea Kayak Paddle
- Spray Skirt

### **The DO NOT Bring List**

- Flip flops or open-toed shoes



- Any electronic equipment: video games, toys, cell phones, radios or iPods
- Cigarettes, E-cigarettes, JUULs, Alcohol, or Drugs
- Weapons: This includes knives or any sort of item that could be considered a weapon.