

# Clothing & Equipment List

## For Paddling Overnight Trips

*Note: The items labeled “required” constitute the ADK’s best assessment of the personal equipment necessary to reasonably minimize the risks of such a wilderness activity. Because of this, only participants prepared with the required equipment items will be allowed to participate on ADK trips. For the safety of the group, the instructor reserves the right to deny participation, without reimbursement, to any individual deemed inadequately prepared. Please note the level of importance for each item: Required = “must have to participate”; Recommended = “highly desirable”; or Optional = “users’ choice”.*

### Footwear

Equipment	Notes	Check Lists	
Paddling Shoes	<i>Required.</i> Paddling shoes or any shoes or sneakers that provide comfort and can get wet. To minimize injuries to the feet, closed-toe shoes are required. (No flip flops or open-toed sandals allowed.)		
Hiking Boots	<i>Required.</i> Hiking boots to get between ponds and to maneuver across variable terrain will provide better traction, adequate ankle support, and more water resistance than most casual footwear.		
Socks	<i>Required.</i> Heavyweight wool socks perform best. Two or three pairs are recommended.		
Camp Shoes	<i>Recommended.</i> Sneakers, boots or other closed-toe footwear (ex. Crocs®) are refreshing in camp. Open-toed shoes do not offer enough protection.		

### Clothing

#### *A Note on Clothing Materials:*

*Cotton:* NO COTTON! While comfortable in the front country, cotton absorbs and retains water, drawing heat away from the wearer. For this reason, cotton is deadly in the backcountry and is not risked on ADK trips.

*Wool:* A favorite material of woodsmen for centuries, wool retains its insulating qualities when wet.

*Fleece:* Also called Pile, Fleece is a synthetic material that draws moisture from skin without actually absorbing water, which makes for great insulation. Otherwise similar to wool, fleece is lighter, but bulkier.

*Polypropylene:* Polypropylene is another synthetic material that serves as a great insulator. It is especially effective as a moisture-wicking base layer next to skin.

Equipment	Notes	Check Lists	
Synthetic t-shirt	<i>Recommended.</i> We strongly suggest a lightweight synthetic t-shirt to wear on hot days and while paddling in less buggy areas.		
Top Base Layer	<i>Required.</i> A long-sleeved synthetic (ex. polypropylene) or merino wool mid-weight long-underwear top works best. We recommended two, in case one gets wet from perspiration or precipitation.		
Insulating Top Layer	<i>Required.</i> Many participants prefer a light fleece or wool shirt, sweater or jacket. A heavy-weight long underwear top may also be acceptable.		
2 <sup>nd</sup> Insulating Top Layer	<i>Recommended.</i> Participants may desire a supplementary heavier fleece or wool jacket, or vest, especially those who get cold easily.		
3 <sup>rd</sup> Insulating Top Layer	<i>Optional.</i> Participants may desire additional supplementary insulating layers, especially those who get cold easily.		
Rain Jacket	<i>Required.</i> Any rain jacket must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. Rain jackets with hoods and ventilation zippers are desirable.		

	<i>Note:</i> Ponchos are unacceptable because they do not offer enough protection from wind and/or rain.		
Bottom Base Layer	<i>Required.</i> A synthetic (ex. polypropylene) or merino wool mid-weight long-underwear bottom works best.		
2 <sup>nd</sup> Insulating Bottom Layer	<i>Optional.</i> Fleece pants or heavier long-underwear might be used.		
Hiking Pants	<i>Required.</i> Durable, quick-drying synthetic pants are ideal. Zip-off pants allow for use as both pants and shorts, as well as for some ventilation.		
Nylon Shorts	<i>Recommended.</i> Durable, quick drying synthetic shorts are ideal.		
Swimsuit	<i>Recommended.</i> Nylon shorts (and a synthetic t-shirt) may double as swimwear.		
Rain Pants	<i>Required.</i> Any rain pants must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. <i>Note:</i> Full-length side zippers facilitate quick and easy layering that eliminates the annoyance of footwear removal.		
Sun Hat	<i>Recommended.</i> Wide-brimmed hats or baseball caps protect the eyes and the face from the sun. Also, hats may protect the head from rain or insects.		
Sunglasses	<i>Recommended.</i> Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.		
Winter Hat	<i>Optional.</i> A fleece or wool hat provides warmth in rain or at night.		
Glove liners	<i>Optional.</i> Lightweight glove liners can function as insulation, as well as protection against blisters and bugs.		

### Sleeping Equipment

Equipment	Notes	Check Lists	
Sleeping Bag	<i>Required.</i> Synthetic-filled bags will perform best in our conditions. Down bags lose all insulation when not kept dry, often an impossible task in our conditions. Ratings of 30°F/ -1°C or less are acceptable for trips in July and August. In other months, bags should be rated 20°F/ -7°C or less.		
Sleeping Pad	<i>Required.</i> The sleeping pad insulates from the cold ground. Closed-cell foam pads are acceptable as are compact self-inflating air pads (ex. Therm-A-Rest®) but extra care must be taken to prevent rips and tears.		
Pillow	<i>Optional.</i> Although extra clothing can always be used as a pillow, some paddlers prefer to carry a very small, compact pillow.		

### Packing Equipment

Equipment	Notes	Check Lists	
<i>Note:</i> Personal gear can be packed in a backpack lined with plastic bags or in specially-designed dry bags.			
Backpack with Waterproof Bag Liners	<i>Required.</i> Backpack should be spacious enough to hold all required personal equipment during our adventure. To keep belongings dry, line your pack with a heavy-duty garbage bag. Trash compactor bags work well. Sealable Ziploc® bags or waterproof stuff sacks also works for small items.  <i>*This equipment item is available for loan.</i>		
<b>OR</b>			
Dry Bag(s)	<i>Required.</i> Dry bags provide a more reliable method of water-proofing. A large “backpack-size” (see above) dry bag with shoulder straps is ideal.		

	<i>*This equipment item is available for loan</i>		
Storage Bag for Clothing	<u>Recommended.</u> Use small, lightweight zip-style duffle bags or stuff sacks to organize personal clothing items in the lean-to. Nylon stuff sacks with compression straps that minimize space work very well.		
Day Pack or Small Dry Bag	<u>Optional.</u> Some participants also like to carry a smaller pack or bag to keep certain items handy while in the boat (i.e., snacks, raingear, camera, etc.). This prevents exposing the contents of the main pack (which includes your clothing and sleeping bag) to accidental water infiltration.		
<b>Other Gear</b>			
Equipment	Notes	Check Lists	
Water Storage	<u>Required.</u> Two 1-liter plastic water bottles work well. Many participants also use bladder-bag systems (ex. Camelbak®) but at least one actual bottle should be taken in case the bag rips or leaks.		
Eating Gear	<u>Required.</u> A small tupperware-style bowl with a lid facilitates easy cleaning and leftover storage. A spork will suffice; separate spoons, forks, knives, cups are optional. Bring a mug if you drink coffee or tea.		
Flashlight	<u>Required.</u> Headlamps are lightweight and very functional. <i>Note:</i> No light is reliable without either a backup flashlight or extra batteries and an extra bulb.		
Personal Toiletries	<u>Required.</u> Due to limited space in bear canisters, toiletries should be kept to a minimum. Sample-sizes are preferable. Bring only essentials: i.e., toothbrush, toothpaste, tampons, hand sanitizer, and toilet paper. <i>Note:</i> Fragrant substances are insect and animal attractants and should be avoided.		
Whistle	<u>Required.</u> Three blows on a whistle is an effective rescue call.		
Lighter/Matches	<u>Optional.</u> In a waterproof container. Lighters or matches are used to light stoves and fires. ADK will bring an adequate supply for the group, but as a rule, firestarting equipment is essential for every outing.		
Navigation Equipment	<u>Optional.</u> The ADK provides the necessary navigation gear, but participants may opt to bring their personal map, compass, and/or guidebook. As a rule, map & compass should always be carried.		
Pocket Knife	<u>Recommended.</u> Small blades may be useful.		
Emergency Space Blanket	<u>Recommended.</u> Lightweight space blankets provide protection in an emergency and are highly recommended.		
Nylon cord	<u>Optional.</u> Parachute-cord is lightweight and has many uses, such as tying down tents and flies. A 50' length is sufficient.		
Lashing Straps	<u>Optional.</u> Lash straps made from nylon webbing allow items to be fastened to the boat for transportation.		
First-Aid Kit	<u>Optional.</u> ADK will provide a first aid kit for the group, but participants may opt to bring a small personal kit. As a rule, a first aid kit should always be carried by someone in your group.		
Insect Repellent	<u>Recommended.</u> In the buggier months of June and July, or in wetter areas, repellent can reduce the stress of insects; only a small bottle is needed.		
Insect Headnet	<u>Recommended.</u> A headnet can also reduce the stress of insects.		

Sunscreen	<i>Recommended.</i> Only a very small bottle is necessary for our week trip. <i>Note:</i> SPF (sun protection factor) 30 is sufficient if applied regularly.			
Towel	<i>Required.</i> Bath/Beach towels are appropriate. Showers in our campground will be available			
Bandana	<i>Optional.</i> A bandana can have many uses.			
Writing Materials	<i>Required.</i> Waterproof pens and paper can be used to take notes on instruction material or for journal purposes.			
Camera	<i>Optional.</i> The ideal camera is a waterproof, shock-resistant digital.			
Camp chair	<i>Optional.</i> A Crazy Creek or a collapsible chair offers comfort at camp.			
<b>Paddling Gear / Provided Group Gear</b>				
<i>Note:</i> Paddling equipment including canoes, pack rafts, paddles, and lifejackets can be provided by ADK. However, you may use your own paddle or other personal paddling gear. The following is a list of group gear typically provided by the ADK for the use of all participants:				
First-Aid Kit	Bear Canisters	Water Purification System		
Lighter/Matches	Stoves and Fuel	Cooking Sets and Utensils		
Map				
Trowel				
Food: The ADK provides meals for the group. Participants can bring their own personal snacks; the instructor will check that everyone is adequately stocked before we depart on our trip. Be sure to inform the instructor of any personal dietary restrictions and/or allergies well in advance.				

*To reserve any ADK equipment available for loan, please call the Education Department in advance. Please feel free to call the ADK's Education Department with any questions at (518) 523 3480 x19.*

*We are looking forward to answering your questions and to having you on our trip!*