

# Clothing & Equipment List

## For Canoe Camping in the Adirondacks

*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 are 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.)		
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 frontcountry, 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	<i>Required.</i> A synthetic (ex. polypropylene) or merino wool mid-weight long-		

Layer	underwear bottom works best.		
2 <sup>nd</sup> Insulating Bottom Layer	<u>Optional</u> . Fleece pants or heavier long-underwear might be used.		
Hiking Pants	<u>Required</u> . 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	<u>Recommended</u> . Durable, quick drying synthetic shorts are ideal.		
Swimsuit	<u>Optional</u> . Nylon shorts (and a synthetic t-shirt) may double as swimwear.		
Rain Pants	<u>Required</u> . 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	<u>Recommended</u> . 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	<u>Recommended</u> . Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.		
Winter Hat	<u>Optional</u> . A fleece or wool hat provides warmth in rain or at night.		
Glove liners	<u>Optional</u> . Lightweight glove liners can function as insulation, as well as protection against blisters and bugs.		
Sleeping Equipment			
Equipment	Notes	Check Lists	
Sleeping Bag	<u>Required</u> . 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	<u>Required</u> . 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.		
Compression Stuff Sack	<u>Required</u> . This sack serves to make the sleeping bag easier to pack. The sack should be lined with plastic bags to provide water resistance.		
Pillow	<u>Optional</u> . 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	
Note: Personal gear can be packed in a backpack lined with plastic bags or in specially-designed dry bags.			
Backpack with Waterproof Bag Liners	<u>Required</u> . Packs should be spacious enough to hold all required personal equipment as well as an equitable share of group gear. For our three-day trip, the minimum adequate volume is 65L / 4000in <sup>3</sup> . Participants should allocate about 1/3 to 1/2 of the pack's volume to group gear. To keep belongings dry, line your pack with a heavy-duty garbage bag. Trash compactor bags work well. Placing items in large sealable plastic bags (Ziploc®) or waterproof stuff sacks also works. In any case, extra bags should be packed. <i>*This equipment item is available for loan.</i>		
<b>OR</b>			
Dry Bag(s)	<u>Required</u> . Dry bags provide a more reliable method of water-proofing. A		

	large “backpack-size” (see above) dry bag with shoulder straps is ideal.		
Storage Bag for Clothing	<i>Recommended.</i> Use small, lightweight zip-style duffle bags or stuff sacks to organize personal clothing items within the pack. Nylon stuff sacks with compression straps that minimize space work very well.		
Day Pack or Small Dry Bag	<i>Optional.</i> 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	<i>Required.</i> 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	<i>Required.</i> 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	<i>Required.</i> 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	<i>Required.</i> Due to limited space in packs and bear canisters, toiletries should be kept to a minimum. Sample-sizes are preferable. Bring only essentials: i.e., toothbrush, toothpaste, lip balm, tampons, hand sanitizer, toilet paper, and medications. <i>Note:</i> Fragrant substances are insect and animal attractants and should be avoided.		
Whistle	<i>Required.</i> Three blows on a whistle is an effective rescue call.		
Lighter/Matches	<i>Recommended.</i> 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	<i>Recommended.</i> 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	<i>Recommended.</i> Small blades may be useful.		
Emergency Space Blanket	<i>Recommended.</i> Lightweight space blankets provide protection in an emergency and are highly recommended.		
Nylon cord	<i>Recommended.</i> Parachute-cord is lightweight and has many uses, such as tying down tents and flies. A 50’ length is sufficient.		
Lashing Straps	<i>Recommended.</i> Lash straps made from nylon webbing allow items to be fastened to the boat for transportation.		
First-Aid Kit	<i>Optional.</i> 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	<i>Optional.</i> 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	<i>Optional.</i> A headnet can also reduce the stress of insects.		
Sunscreen	<i>Optional.</i> Only a very small bottle is necessary for our weekend trip. <i>Note:</i> SPF (sun protection factor) 30 is sufficient if applied regularly.		
Towel	<i>Optional.</i> Synthetic “pak towels” are absorbent and pack easily.		
Bandana	<i>Optional.</i> A bandana is the <i>only</i> equipment item that may be cotton.		
Writing Materials	<i>Optional.</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.		

**Provided Group Gear**

*Note:* Paddling equipment including canoes, paddles, and lifejackets can be provided by ADK. However, you may use your own boat, 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 &/or Rope and Bag for Hanging	Water Purification System
Lighter/Matches	Stoves and Fuel	Cooking Sets and Utensils
Map	Tents: To reduce our impact, ADK encourages participants to share tent space. Inquire regarding the usage of personal tents prior to the start of the trip.	
Trowel		

Food: The ADK provides meals for the group. Participants should 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!*

Local outfitters who rent paddling and/or camping equipment:

- Adirondack Lakes & Trails Outfitters (518) 891-7450*
- St. Regis Canoe Outfitters (518) 891-1838*
- The Mountaineer (518) 576-2281*
- High Peaks Adventure Center (518) 523-3764*
- Eastern Mountain Sports (518) 523-2505*

*\*\*Don’t forget a towel and clothing for your night at the Loj.*