



# CONFIRMATION PACKAGE

## PACKING LIST: SHORT TRIP EDITION

**On trip, personal gear is generally divided into two packs: day access & night access**

- A primary **30 L dry bag** packed with the main personal items and some shared group gear.
- A secondary **15 L dry bag** carries your on-the-water essentials for paddling.

*You should be able to fit all of your gear (including the clothes being worn) into these two bags.*

### 15 L Day Access Gear (list includes items being worn)

<input checked="" type="checkbox"/>	Item	Ideally it is...	If not, it should at least be...
	15 L dry bag (durable, waterproof)	Seal Line brand opaque dry bag, available at camping stores	Roll down vinyl dry bag, available at camping stores
	1 t-shirt or light long-sleeve	Lightweight, quick-dry, synthetic (not cotton)	A poly-cotton blend
	1 pair shorts	Lightweight, quick-dry, synthetic (not cotton)	Old sports shorts
	1 warm long-sleeve top/sweater	Fleece, wool (merino 😊)	Not cotton
	1 warm pair long johns	Fleece, wool (merino 😊), synthetic	Not cotton
	1 pair socks	Wool! (trust us, your feet get cold and wet)	Synthetic
	Bathing Suit/ Underwear/Sports Bra*		
	Rain jacket and pants	Gore-Tex or laminated waterproof fabric	Waterproof
	1 pair closed-toe shoes	Runners made for water or lightweight runners, ankle support is important	Nylon runners with good tread <b>Flatwater Trips only:</b> strong, strapped sandals are adequate
	1 pair sunglasses	Polarized lenses, string to hold them on your head.	Any cheap glasses
	1 hat	'Tilley' style, Outdoor Research	Any ball cap
	Sunscreen	SPF 45+, waterproof	SPF 30+
	Water bottle with clip	1 L, Nalgene, with small carabiner	1 L, durable

**\*Bathing suit & underwear note:** Bathing suits worn as underwear during the day are not ideal. *Material that does not dry fast will irritate the skin and cause infection when worn on long trips.*

Experienced guides prefer loose and quick-dry underwear, shorts or long johns for bottoms and quick-dry sports bras (not bikinis) for tops. Underwear is not always necessary as it is another piece of wet clothing against the skin. Day clothes often get wet and stay wet.

### 30 L Night Access Gear

<input checked="" type="checkbox"/>	Item	Ideally it is...	If not, it should at least be...
	30 L dry bag (durable, waterproof)	Seal Line brand opaque dry bag, available at camping stores	Roll down vinyl dry bag, available at camping stores
	Sleeping bag	Mummy shaped, rated to -12 Celsius, lightweight, compressible, synthetic or down (down dries slowly)	Rated to 0 Celsius, avoid cotton fabrics.
	Sleeping bag liner (optional)	Silk or fleece for extra warmth and ease of cleaning	Any material
	Sleeping mat	Ultra light Therm-a-Rest	Blue foam pad wrapped in a garbage bag.
	'Dry' shoes	Something that will not stay wet: Crocs	Lightweight running shoes
	2 pairs of socks	Wool!	Synthetic, not cotton
	1 pair lightweight pants	Synthetic, lightweight, for when bugs are bad	Not thick cotton
	1 pair long johns	Fleece, wool (merino 😊), synthetic materials	Not cotton
	2 long sleeve warm top	Fleece, wool (merino 😊), synthetic materials	Not cotton
	1 warm hat	Fleece, wool (merino 😊), synthetic materials	Not cotton
	2 t-shirts/ tank tops	For sleeping, comfortable	Cotton is okay
	2 sports bras	Quick-dry, comfortable	Not cotton
	3 pairs underwear	Loose, quick dry, synthetic	Synthetic
	Flashlight and Batteries	LED headlamp Batteries separate in plastic bag	Anything durable Extra batteries
	Toothbrush/ Toothpaste	With cover	
	Lip balm	Burt's Bees, Blistex, sun block-infused	
	Medications	Guides will carry medications in waterproof first aid kit Regular prescriptions should be doubled in case of loss/ water damage	
	Glasses, contact lenses	Disposable contacts for each day	Glasses with an extra pair
	Personal hygiene products	Diva cup Tampons without applicators.	Tampons with cardboard applicators
	HEALTH CARD	Actual physical card Guides will carry in first aid kit, remember to get it back at end of trip	

## Optional 30 L Bag Items (Night Access Gear)

<input checked="" type="checkbox"/>	Item	Ideally it is...	If not, it should at least be...
	Spending money	\$10-50 for treats on the road Guides can hold on to this	
	Pack towel	Small, packable, synthetic Chamois or Microfibre	Small, synthetic, not cotton Not beach/ shower towel
	Book	Paperback, small & light	
	Journal and pens	Paperback, small & light	
	Playing cards		
	Camera	Waterproof, digital	Any disposable camera
	Folding camp knife		
	Biodegradable soap	Camp suds brand	Anything labeled biodegradable

## Optional 15 L Bag Items (Day Access Gear)

<input checked="" type="checkbox"/>	Optional Items	Ideally it is...	If not, it should at least be...
	Bug net/ suit	Jacket, pants, or hat with full mesh coverage	
	Bandana	Anything works	Cotton is okay
	Insect Repellent	30% deet Clothing coverage is best	
	Paddle	Paddle	

### Packing Tips:

Sleeping bags and extra clothing get packed at the bottom of a dry bag.

Smaller items stuff well down the sides of a dry bag.

Warm clothes are packed at the top so they are easily accessible.

*Dry bags need to be packed tight* with no wrinkles (air pockets). Items like sleeping bags and fleece resist compression because of air trapped in the material. You can squeeze the air out by applying a lot of gentle pressure. Don't be afraid to stick your foot into the dry bag to squash it all down; sitting on it works well too. *Don't fold, STUFF.* Try stuffing small items down the sides to fill the little gaps as you pack.

If you have trouble fitting all belongings into your packs after using these tips we can help here at PaddleFoot before heading out on trip.

**PADDLEFOOT IS NOT RESPONSIBLE FOR LOST, DAMAGED OR STOLEN ARTICLES. PLEASE DO NOT BRING ANY VALUABLES.**

