



# PACKING FOR Your Paddle

Questions?

[paddle@wildriversconservancy.org](mailto:paddle@wildriversconservancy.org)

For your 3-day trip, you will be provided with a kayak, PFD, and a paddle. Our ground crew will transport your overnight bag. Please pack lightly and consider the following recommendations:

## *Clothing*

(On the river)

- Sun hat
- Water shoes (sandals with straps work, too)
- Dry-wick tops and bottoms for splashes and sun
- Swimsuit
- Rain gear

(Off the river)

- Fresh change of clothes for post paddle dinners
- Layers to avoid bugs, and cool nights
- Land shoes (sandals or sneakers)
- Pajamas
- Sweatshirt/Light jacket for evening
- Undergarments, wool socks

## *Food & Beverages*

The Conservancy will have some snacks and beverages available at mid point stops. Do bring any special snacks that you require. Breakfast, lunch, and dinner are provided.

**No weapons of any sort allowed**

## *Personal Care*

- Sunscreen
- Bug repellent
- Toiletries
- Lip balm
- Medications or other personal needs

## *Gear/Other*

- Water bottles (2)
- Polarized sunglasses
- Dry bag (small ones available)
- Phone with dry case
- Camera (if wanted)
- Cash for incidentals
- Pocket knife (optional)

