

EQUIPMENT

Personal Gear Checklist

Each participant in their own kayak will carry the following items.

Clothing

- 2 Lightweight t-shirts
- 1 Lightweight long sleeve button up shirt
- 2 pair of socks
- 1 pair of sandals or water shoes
- 1 pair of shoes to be kept dry
- 1 pair of swimming trunks
- 1 pair of shorts (or pants below)
- 1 pair of zip off convertible pants
- 1 full brimmed hat
- 1 lightweight rain jacket
- 3 pairs of under wear
- 2 bandanas

Sleeping Gear

- 1 light weight summer sleeping bag or fleece blanket or poncho liner
- 1 sleeping pad or folding crazy Creek camp chair

Personal Gear

- SPF 45 Sun block
- Sunglasses with cord
- Flashlight or headlamp
- 1 small bottle of insect repellent (spray or liquid only, no aerosol cans)
- 1 small bottle of biodegradable soap
- Baby wipes
- 1 small knife
- 1 tube of travel size toothpaste (travel or sample size)
- 1 small towel
- 1 tooth brush (travel or sample size)
- 2 32 oz Drinking bottles
- Sunglasses

Eating Gear

- 1 Bowl
- 1 Spoon
- 1 mug

Optional items

- Chap Stick
- Fishing pole and set
- Books or journals
- Nature guides
- Camera

Other Equipment

The items in this column can double with the equipment you will bring on the trek. The preference is up to you.

Sunday Check in

- 1 pair of swim trunks
- 1 pair of shoes to get wet
- Sunscreen
- 1 change of clothes for Sunday evening

Friday return

- 1 complete set of clothing
- 1 pair of dry shoes
- shampoo
- soap
- towel
- toiletries
- 1 set of clothes for ride home Sat. a.m.

Thursday Night

If your trek ends in Ocracoke on Thursday evening you may also want to bring a pair of clothing to change into for Thursday night and Friday. Showers will be available.

Additional Items

- Spending \$ for camp store and on trek
- Signed Release Form
- Complete Class III Medical Form
- Medication with directions
- Extra Snacks
- Personal first aid kit with:
 - Band-Aids
 - Neosporin
 - Anti-itch cream
 - Baby powder

DO NOT BRING

- Electronics other than cameras
- Aerosol bug spray or sunscreen
- Any form of a weapon
- Fireworks
- Metal detectors