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