

FLX Kayaking and Sailing POAP Packing List

On your trip, you must carry everything you bring with you on the trail along with group equipment and food. Remember that ounces quickly turn into pounds, so do your best to pack your lightest things and as little as possible!

Clothes – Try to pack clothes that you can layer; synthetic fibers often work best as they can help to keep you warm and dry in outdoor conditions. Avoid jeans and cotton!

- Sturdy shoes
- Water shoes (old sneakers, Crocs, Tevas, and Chacos work well!)
- 2-3 pairs socks
- Non-cotton shirt (1-2 shorts, 1 long)
- Non-cotton bottom (1-2 shorts, 1 long)
- Warm fleece or equivalent
- Totally waterproof rain jacket (not poncho)
- Baseball hat
- 2-3 pairs athletic shorts or swim suits
- Optional: rain pants, thin gloves, warm hat, sunglasses

Gear – Don't worry if you don't have all the backpacking gear, HWS Outdoor Recreation and Adventure Program (ORAP) can provide backpacks, sleeping bags, sleeping pads, and tents on a first come, first served basis, ***so be sure to indicate on the Equipment Request Form any equipment needs!***

- Duffel bag (to hold clothes, other gear, toiletries)
- Backpack (day trip sized, about the size you might carry to class)
- 4 quarts of water bottle capacity (equivalent to 4 Nalgene water bottles)
- Backpacking tent
- Sleeping pad
- Sleeping bag
- Lightweight bowl (can be an old Tupperware container)
- Spoon/fork
- Flashlight or headlamp (make sure they have fresh batteries!)
- Optional: Camera (cell phones and other electronic devices will not be allowed!)

Toiletries – It is helpful to pack these in a clear gallon sized plastic bag!

- Toothbrush
- Toothpaste
- Deodorant
- Any personal medications you will need to take during the trip
- Sunscreen
- Optional: Face wipes with a plastic bag to keep used wipes, feminine products, bug spray, travel size hand sanitizer

HWS Outdoor Recreation and Adventure Program (ORAP) will be able to provide a limited number of students with backpacks, sleeping bags, sleeping pads, and tents on a first come, first served basis. Don't forget to indicate any equipment needs on the ***Equipment Request Form*** with your application!