

KoWaKan Adventures

Recommended Personal Gear List

Appropriate Gear

Your comfort and safety depend greatly on the clothing and equipment you bring. Please bring all recommended gear. You might not use all items, but you may encounter cool and wet conditions at any time of year.

Recommended Outerwear, Clothing and Gear

- ___ 1 sturdy waterproof jacket & pants
- ___ 1 heavy sweater or fleece jacket
- ___ 1 lighter fleece or wool top.
- ___ 1 long sleeve shirt (lightweight, light colored shirts are best for bugs and sun protection)
- ___ 2-3 T-shirts
- ___ 2 pairs pants (avoid denim if possible; pants made of nylon or poly blend materials work best; old athletic pants work)
- ___ 1 set long underwear tops and bottoms
- ___ Swimsuit (one-piece recommended for women, drawstring waist recommended for men)
- ___ 1-2 pair shorts (preferably quick-drying nylon)
- ___ Underwear
- ___ 1 pair durable, closed-toed shoes/boots (worn while canoeing; these will get wet and stay wet. Tennis shoes are acceptable)
- ___ 1 pair shoes for camp (to be used when we are off the water and around camp)
- ___ 3-4 pair socks (wool or comparable synthetics dry faster and insulate better)
- ___ 1 sun hat (baseball cap or other wide-brimmed hat to keep sun and rain off)
- ___ 1 warm hat
- ___ 1 pair gloves
- ___ 1 sleeping bag (summer weight [down to 30 degrees])
- ___ 1 ground pad or Therm-a-rest
- ___ 1 water bottle (1qt/1 liter covered bottle)
- ___ 1 flashlight/headlamp (keep it small and light)
- ___ 1 pair sunglasses
- ___ 1 small backpack/dry bag
- ___ Personal medications (need to be brought in original containers; If under 18 staff will keep and distribute)
- ___ Toothbrush, toothpaste, soap, etc.
- ___ 1 sunscreen (SPF 15 or higher)
- ___ Lip balm (w/ SPF of 15 or higher)
- ___ 1 insect repellent
- ___ 1 bandana

Optional Clothing and Equipment

- Bible and small notebook
- Bug head net to protect your head and face from bugs
- Camera (in a waterproof and/or padded bag or case)
- Several zip-lock plastic bags for organizing/waterproofing
- Towel (small synthetic ones are best)
- Fishing pole (sturdy and collapsible preferred), tackle, fishing license (No big tackle boxes, please!)

What not to bring

- Knives (if under 18)
- Soap (we'll supply biodegradable soap for you)
- Extra food
- Anything in glass or aerosol cans

Layering/Fabrics:

Layering clothing is key to controlling body temperature and staying comfortable in a wide range of conditions and activities. Choosing the right fabric is important in keeping you comfortable:

Wool, a traditional fabric for the outdoors, keeps you warm even if wet. It is cheaper than newer synthetic fabrics, but it dries slower, is heavier, and is sometimes itchy. **Synthetics** like Thermax, Capilene, Polypropylene, Polartec, Polar Fleece and Synchronia all insulate when wet and dry quickly. They weigh less than wool, but offer the same warmth without the itch. **Cotton** absorbs moisture, provides no insulation if wet or damp, and takes a long time to dry. Please avoid cotton clothing when possible.

Packing Instructions

Bring gear to camp in a bag or container of your choice. Once at camp we will shuffle and consolidate your personal gear (clothing and sleeping bag) into 2 stuff sacks (the sacks sleeping bags are generally stuffed into; approximately 11" diameter x 18" deep). Stuff sacks will be provided for you upon your arrival. We recommend you bring one set of clothes to leave at camp to change into after your trip.

Remember you will be carrying everything you bring...