

# Packing Checklist

## Georgian Bay Kayaking Adventure

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We supply the tents, paddle gear, life jackets/PFDs, cooking supplies, and of course – the awesome menu and food! We will show you how to pack everything for kayaking during the pre-trip clinic, so don't stress it if you have everything on your list but still have no idea how to carry or pack it all when we get paddling!

If you have any questions about this packing list, please don't hesitate to contact us!

Paddlers generally leave camp in the morning wearing long layers and either wind or rain protection garments. If the sun is out and the day warms up, you can remove a layer or layers, put them in your “day” dry bag that is in your kayak cockpit with you and continue on without any unpacking (all your other clothes will be packed in the kayak hatch). As the temperature cools off later in the day, you can put back on layers accordingly.

A time-tested packing strategy is to bring two main sets of clothes:

1. **Daytime active layers** (which will get dirty and possibly wet—these will remain with you, either on you or in your kayak “day” dry bag during the warmer parts of the day)
2. **Nighttime camp and yoga clothes** (upon arrival in camp, you'll change from your paddling clothes to your clean(er), dry camp clothes. Each morning, change from your camp gear into your paddling gear.



It is important that your clothing is made of synthetic materials or wool to retain their warmth when wet. Most synthetics also have the advantage of being quick-drying. Avoid cotton clothing because they lack warmth if wet and take a very long time to dry.

# Required Items

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## Clothing

- 100% waterproof rain Jacket and rain pants: These pieces of gear can make or break a trip. So come prepared for whatever Mother Nature has in store! She can be cranky sometimes! Look for gear that is waterproof and breathable, with ventilation zippers in the armpits and on the sides of the leg. Buy a size that allows you to wear a warm sweater and warm pants underneath to help keep you extra warm and dry. Make sure the jacket has a well-fitting hood too!
- 1-2 sweaters/soft jacket (fleece or wool) or a soft-shell type jacket. This is your insulation layer. One for during the day that will be warm when wet, and one for evenings.
- Paddling shirt(s): Should be made of light-weight, moisture-wicking fabric and SPF ratings are recommended. This shirt will be your base layer when paddling. Decide if you will be more comfortable with a long-sleeve or short-sleeve or one of each.
- Quick-dry shorts: Made of lightweight, quick-dry fabrics. These will be your paddling, swimming and active shorts. You may wish to wear neoprene pants or long underwear underneath for a bit of warmth if it is a cooler day.
- Camp shirt(s): These shirt(s) are for the evenings, so the fabric type is up to you. Decide if you will be more comfortable with a long-sleeve or short-sleeve or one of each.
- Pants: To wear at camp when not paddling. Pant type is up to you but quick-dry, non-cotton, non-denim recommended.
- Set of long underwear (a set means a long-sleeve top and a legging-type bottom, both made of moisture-wicking fabric. These are to be worn at camp as a base layer if it gets chilly.
- Underwear + bras as desired
- 1-2 wool or thermal socks (merino wool recommended)
- Swimsuit(s): Can be worn while paddling. Two piece suits work best.

- Pyjamas
- 1 'beanie' hat/'toque' for the Canadians, and light gloves/mitts (at least a hat; it can get cool at night!)
- 1 sunhat with a wide brim for sun protection
- 1 set of clean clothing to change into post-trip at the camp (can be left in car)

### Footwear

- 1 pair of dry shoes suitable for around camp (sneakers, trail runners, light hiking shoes, etc.)
- 1 pair paddling shoes (i.e. Teva's, Keen's, old sneakers, Crocs) that will stay wet. Your paddling shoes must have a back strap, no flip flops please! Closed toe shoes are also recommended.

### Personal Camping Equipment

Since you will be taking a boat shuttle from Snug Harbour to your campsite, all of your personal gear can be carried in one backpack or duffel. There is no need for dry bags or waterproofing.



Packing tip - store your clothes and other items in [nylon stuff sacks](#) to keep in your tent so you don't have to store your big duffel or backpack in the tent as well.

- Sleeping bag (warm, rated 3 season (0 to -10°C depending on how warm of a sleeper you are), packed in a stuff sack in your duffel bag.
- 1-2 water bottles (at least 1L each, ½ L is not big enough) or 1 bottle and a 2-3L water bladder (Nalgene, Platypus)
- A few Ziploc bags
- Headlamp or flashlight + extra batteries

- Sunglasses with leash (also called Croakies or retainer strap)
- Travel towel
- 2 carabiners (to attach things like your water bottle to the kayak)

## Additional Items

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- Yoga mat
- Toiletries (biodegradable all-purpose soap, toothpaste, toothbrush, deodorant, etc.)
- Roll of toilet paper (this is also provided)
- Prescription medications and vitamins (best to pack in duplicate and separate from originals)
- Insect Repellent
- Minimum 45 SPF waterproof sunscreen
- SPF 30 lip balm
- Earplugs (strongly recommended. Insert snoring here!)
- Alcohol-based sanitizer and face masks

## Optional Items

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- Wind breaker or paddle jacket (you can also pack a rain jacket)
- Bandana or Buff
- Bug jacket or hat
- Camp pillow or pillowcase to stuff clothes in to make pillow

- Sleeping pad or Thermarest - optional - this is provided, but you may have your own that you prefer to use
- Pocket or Swiss Army knife (\*you must pack this in your checked luggage if flying)
- 5L dry bag (for things you want all day long)
- Large blue IKEA bag, mesh bag or something light that is similar (this is ideal for carrying gear from your kayak to campsite)
- Some spending cash for post-trip treats and tips for your guides ☺
- Several snacks such as trail mix will be offered, but if you have a favourite energy or chocolate bar we encourage you to bring it along for those 'hangry' moments
- Reading materials, sketchbook, journal, pencil
- Travel alarm clock or watch or phone
- Sleeping bag liner
- Binoculars
- PFD (these are always provided, some women prefer to bring their own)
- Camera + extra batteries and card, charger
- [Pelican case](#) to waterproof camera or Ziploc bags
- Chill out time kind of stuff: cards, ukulele, mini football—surprise us!
- Shorty wetsuit (optional in the summer but recommended for late summer and fall trips)
- RAT Antigen test kits (for self-monitoring)

## Essential Documents

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- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

## Packing Notes

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### Luggage Logistics

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Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

**As a general rule, don't bring more than you can carry!** This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50 lbs (22kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffel bag or backpack of 30-50 L (your checked bag) and a medium daypack of 20 L (your carry-on bag) for most adventures.

### **Your Daypack (Dry Bag) Essentials are:**

- Insect repellent
- Sunblock (a small one will last for your whole trip)
- Chapstick with sunblock
- Camera
- Binoculars
- Light rain jacket
- Flashlight
- Refillable water bottle
- Sunglasses
- Alcohol-based sanitizer and face masks
- Personal medication

## **Packing for Paddling**

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As a newbie kayaker or multi-day tripper, you may have burning questions about what kind of clothing to bring or what to wear each day and how to pack it. Below are some helpful hints and hot tips to help you be Girl Guide prepared!

Small is good when kayaking. Just pack the bare minimum but ensure that you will be warm and dry. Bring clothes that can dry quickly (“warm when wet” fabrics such as, polyester, wool, nylon, acrylic, etc.). Check your labels on clothes you already have and you will be surprised at what you can use!

A few helpful clothing tips:

- We cannot always count on sunny, dry weather so you will need warm sweaters and quick-dry pants or shorts with leggings underneath. Pants that zip-off into shorts are efficient and multi-purpose. These are handy to wear for when you start off in the morning and it’s cool—then you have instant-presto shorts for the hotter

part of the day. Quick-dry pants do dry quickly (as fast as 20 minutes) and are a real bonus!

- During the day you can paddle in a sleeveless or long-sleeved shirt with a windbreaker over top to keep the cool breeze and spray at bay. You should also have a sweater or fleece accessible in the kayak in case you get cold. Also, you will want to wear a sunhat and sunglasses (make sure you get a strap for them) every day. The sun can be hot and blaring on the water. Remember your sunscreen!
- Fleece is great for the evenings, they keep you warm as the sun goes down or if you get wet from the day's excursion. You will want a full set of dry, warm clothes and shoes for wearing at night at the campsite.
- Please do not wear jeans (or anything cotton) to kayak in as they are too heavy and take too long to dry should they get wet. You can paddle in shorts, quick-dry pants, light fleece pants or tights. Layering of clothes is best to accommodate changing weather conditions!

## Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend? **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price.
- **Reduce, Reuse, Recycle, Rewear!**