

Packing Checklist

Italy Kayaking Adventure

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

We suggest that you pack your gear in soft-sided luggage or a medium duffle bag or backpack of 30-50L (your checked bag) and a medium daypack of 10-20L (your carry-on bag). Dry bags will be provided for the kayaking element.

Required Items

- Waterproof jacket (with hood and armpit zips for ventilation)
- 1-2 light sweaters
- 1-2 Long or short sleeve SPF paddling/sun shirt
- 2-3 quick-dry short sleeve shirts/tank tops
- 2 shorts (board shorts or other type that dry quickly are best)
- 2 light pants (for evenings)
- 1-2 long sleeved shirt or fancy-casual shirt (for evenings)
- Bras, underwear and socks (as desired)
- Swimsuits (2)
- Sense of humour

- Quick-dry travel or beach towel
- Brimmed hat (for sun protection), baseball hat
- Running shoes or trail shoes to hike/walk in
- Water shoes such as Keens or water sandals
- Water bottle (1L minimum): Nalgene bottles or Camelbak/Platypus dromedary/bladder
- Sunglasses
- Personal toiletries
- Patience
- Waterproof sunscreen, lip balm (with SPF), insect repellent, after-sun cream
- Ear plugs
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin).
- Alcohol-based sanitizer and face masks
- Rat antigen Covid-19 test kits for self-monitoring

Optional Items

- Paddling gloves
- Dry bag (10L) or variety of Ziploc or garbage bags (to waterproof items when kayaking and to hold wet items inside other luggage). Note that dry bags are provided while kayaking.
- 1-2 skirts/dresses or jeans (for dinners in the evening if desired or part of your normal wardrobe/style)

- Sandals, flats or flipflops and/or slippers for lounging in your hotel room
- Spandex leggings (3/4 length) as an alternative to shorts
- Bandana/Buff
- Sarong (it will have dual purpose as a sunblocker and towel!)
- Favourite Snacks (you may purchase these upon arrival)
- Pencil and notebook/sketchbook, journal
- Travel alarm clock or watch
- Camera and accessories, with extra batteries (waterproof in a Ziploc bag)
- Binoculars

Essential Documents

- 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

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your swimsuit and camera). 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 50lbs (22kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

Throughout this trip, your luggage will be shuttled via support vehicle between the overnight stops.

Resources for Buying Outdoor Gear & Clothing

- **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!**