





WILD WOMEN


EXPEDITIONS

Italy Kayak Adventure

Packing Checklist

 **Fabric Note:** We recommend that you choose multi-purpose, UV protective, quick-dry clothing. Covering up from the sun is essential, as you will spend all day outside on the water while kayaking. You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

 **Hot tip: *Always check the weather*** in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

Required Items

- Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- Daypack: A 20L-25L pack should be sufficient for your water bottle, raincoat, camera/phone and personal items.

- Paddling shoes—old sneakers, neoprene booties or water shoes are suitable. Closed-toe is best.
- Trail shoes, hiking shoes or sneakers - if there are 'weather days' when kayaking is not possible, you may have opportunities to do some coastal hiking in Cinque Terre National Park.
- Waterproof, breathable jacket: Jackets with hoods and armpit zips are best.
- Refillable water bottle or hydration system such as Platypus or CamelBak

Recommended Items

- Light sandals or flip flops
- Bathing suit
- Underwear and bras as desired
- Socks (merino wool is best: they are stink-free and quick-dry)
- Pajamas
- Long sleeve paddling shirts (look for shirts with UVA/UVB protection)
- Quick-dry shorts or capris or zip-off pants. (lightweight pants or capris are ideal to prevent sunburning in the kayak.)
- Shirts/T-shirts: some cotton/linen, some quick-dry
- Long-sleeve shirts: some cotton/linen, some quick-dry
- Light sweater(s) for cooler days and evenings
- Hat with a brim (to reduce sun exposure)
- Sunglasses with a retainer strap (If you have polarized shades bring them!)
- Sunscreen (SPF 15+), lip balm with sunscreen
- Toiletries
- Ear plugs (recommended for shared rooms/tents)
- Personal first aid kit and blister kit
- Paddling gloves (to prevent blisters and subburn)
- Bandana or buff
- Small dry bag (~10L) for daily essentials you want to keep dry, and on your person in the kayak cockpit. (Sunscreen, snacks, camera, etc)
 - Dry bags will also be provided for items you'd like with you during the day while kayaking


Optional Items


- Carabiners: for attaching water bottles, waterproof camera or small dry bag to kayak deck.

- Sarong: Can be used as a towel, beach blanket, pillow, loungewear, cover-up from the sun
- Quick-dry towel
- Ziploc baggies to waterproof items in day pack
- Waterproof case (such as a Pelican Case) for camera, wallet, etc.
- Extra travel and 'town' clothes
- Small flashlight or headlamp, spare batteries
- Portable battery/power brick for charging phone and items
- Binoculars
- Small travel pillow
- Pencil and Notebook/Journal
- Reading material
- Face masks, hand sanitizer
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- Envelopes for guide(s) tips (see Travel Details Tipping section for guidance and instructions on tipping)

Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

 **Laundry note:** There are no laundry facilities available throughout the trip. If you're extending your stay, check if your hotel in Italy has laundry service.

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane and pack your raincoat, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!