



Kayak Adventure Camp Packing List

First and foremost, all of your personal gear (not including your sleeping bag) must fit into two 20L dry bags. Storage in the kayaks is VERY limited – multiple small bags are better than one large bag. In order to keep your personal gear trim, yet adequate for our kayak trip, plan on wearing some of the items listed below multiple times over the course of the week. Don't worry about smell—we will all be getting gritty together!

CLOTHING:

Clothes for paddling (You will only need one outfit for paddling—you will wear this every day):

- 1 pair quick drying shorts (swim trunks without cotton waists work fine)
- 1 short-sleeve quick drying shirt
- 1 long-sleeve quick drying shirt (*The Goodtimes Project will be supplying you with one as part of your participation*)
- 1 pair of kayaking foot gear (water socks or sandals with ankle/heel straps, such as Tevas, Chacos, or Keens)
- Hat (essential for sun protection; be sure that it will stay on your head in the wind; baseball hats/visors work fine or something with a wide brim)
- *Optional: swimsuit for on-island swimming (if weather permits)

Clothes for dry land:

- 2 medium weight pull-overs (wool, polypropylene/fleece (not cotton); it gets cold)
- 2 shirts (1 short, 1 long sleeve) quick-drying
- 1 pair of long pants (quick-drying fabric such as polypropylene or light cotton blend)
- Underwear (synthetic wicking material); we recommend 4-5 for the week
- 2 pairs of socks (wool or synthetic wicking material)
- Warm hat (nights can get cold, bring something to cover up your head)
- For women: 2 sports bras (dry-wicking fabric)
- Long underwear (this can also be used to sleep in; wool or polypropylene)
- Rain jacket (light weight; either waterproof or water repellent; layerable)
- 1 pair of foot gear (athletic shoes, crocks or similar work fine)
- 1 set of clean clothes to wear on the return trip home (optional)

PERSONAL ITEMS:

- Prescription medication
- Sunglasses (polarized are best for enjoying the underwater views)
- Sunscreen & lip protection (number 20 or higher)
- Insect repellent (mosquitoes are occasionally a small problem)
- Ear plugs (if you are a light sleeper)
- Personal toiletry items (pre-moistened towelettes, toothbrush, lotion, etc.)
- Camera & extra battery

- Pocket money and documents (the safest place for your wallet is with you; at the very least bring personal identification, medical insurance card, credit cards, etc., in a small waterproof bag or zip-lock); personal spending money can be used on the ferry, when in Friday Harbor, at a pit-stop like a grocery store
- Reading or writing materials
- Binoculars
- Face mask; bring one in case required to wear in vans/on ferry

GEAR*

- Sleeping bag (non-cotton, easily compressed)
- Water-proof compression sack for your sleeping bag (you can use the stuff sack that comes with your sleeping bag; it can be lined with a garbage bag to provide waterproofing)
- Therm-a-Rest or sleeping pad
- Small camping pillow
- Headlamp (for navigating the campsite at night)
- Small water bottle (one or two quart—enough for day use; drinking water is brought along on the trip)
- Two 20L or 25L dry sacks (they should be in the shape of a long narrow tube; Seal Line or Sea to Summit recommended, available at REI.com)
- One 5 liter dry sack for personal gear that can be accessed while on the water
- Duffle bag to store excess items not used/packed in the kayaks; *this duffle will remain in the vehicles on San Juan Island and will NOT accompany you as we paddle/camp from island to island*
- *Optional – thermal travel mug for hot beverages (drinking cups provided)
- *Optional – hammock (if you choose to sleep outside versus in provided tents)

****The Goodtimes Project has a limited supply of dry sacks, sleeping pads, head lamps, and sleeping bags. Please contact us well in advance of camp to let us know if you would like to borrow from our supply.***

TO BE PROVIDED BY THE GOODTIMES PROJECT or SEAQUEST (our professional guides):

- Tents (to be shared with one other same-gender camper)
- Kayaks, paddles, and personal floatation devices (PFDs)
- First aid kit (waterproof band-aids, waterproof cotton adhesive tape, pepto-bismol tablets, analgesic/anti-inflammatory such as ibuprofen, seasickness medication, "epipen" kit, etc.)
- Beverages (for lunch and between meals, including drinking water throughout the trip and fresh-brewed coffee, hot tea, and hot cocoa for each breakfast and dinner)
- Meals and snack foods
 - All hot meals are vegetarian in nature. Sample menu items include:
 - Breakfast: bagels/toast, eggs, fruit
 - Lunch: sandwiches (including cured meats), chips, cheese, fruit
 - Dinner: pasta or rice dishes with veggies, tacos/burritos, dessert