



# PADDLE THE CANALS: MOHAWK RIVER EXPEDITION

## PACKING LIST

For this expedition, a land support crew will be available to transport some of your gear between overnight accommodations. Please plan to pack and separate gear as follows:

- 1) **Overnight Gear:** Duffel bag will travel with the land support crew from campsite to campsite. This bag should contain items on the overnight gear list and anything you won't need during the day. Please do not store any valuables.
- 2) **Day Excursion Gear:** This bag will contain your supplies for the day and will be up to the participant to transport during the day while paddling.
- 3) **Paddling Gear:** Gear that can be left with your boat.

Below is a list of essentials for all participants.

### OVERNIGHT GEAR

- Tent
- Sleeping bag
- Sleeping pad
- Toiletries/Clean up Supplies
- Medications
- Phone charger
- Dry shoes/Walking shoes
- Towel
- Dry sets of clothes – moisture wicking layers

### DAY EXCURSION GEAR

- Water bottles (enough for 2 liters)
- Sunscreen
- Insect repellent
- Hat/ballcap
- Sunglasses
- Water shoes
- Drybags
- Snacks
- Headlamp
- Rain jacket
- Warm layers
- Hand sanitizer
- Gloves – for locking through (optional)
- Phone/Camera

### PADDLING GEAR

- Personal Flotation Device
- Paddle(s)
- Vessel that fits our listed requirements (See *Entry Requirements, Survey, Health Form & Waiver*)
- Skirt for kayak if appropriate
- Synthetic clothing for paddling
- Whistle
- White light

Drugs and alcohol are prohibited.

