

Castine Kayak Adventures

Overnight Gear Check List for Guests

Camping Gear

- Tent (advise how many per tent)
- sleeping pad
- sleeping bag
- pillow case (to stuff)
- flashlight
- headlamp
- extra batteries
- 2 32oz water bottles (nalgene type) *
- bowl
- mug
- eating utensils
- crazy creek type chair (optional)

Personal items

- Toothbrush/paste, etc
- Towel
- Special snacks
- Camera
- Journal
- Bug Dope
- Sun block
- Small backpack or fanny pack for hiking
- Bathroom essentials

Clothing

- 2 Synthetic tops (long sleeve & short sleeve) *
- 2 synthetic bottoms (pants and shorts)
- synthetic underwear
- fleece sweater
- fleece pants
- quick dry synthetic hiking pants
- t shirt
- bathing suit
- waterproof shell jacket *
- waterproof shell pants *
- hat... wool or fleece
- hat... with brim for sun or rain *
- gloves fleece or polypro (several pairs)
- 2 towels (preferably quick dry)
- sport sandals (with good support and grip)
- extra shoes
- socks (wool or synthetic)

Other:

- If you have something specific besides water that you like to drink for hydration please bring it. (we will provide additional drinks with meals, including coffee and juices)
- Bring your own drinks (ie wine, etc)for evening cocktails

* If there is anything on the list that you need please let us know!

* If you have additions to the list, please let us know!