

Hamilton College Adirondack Adventure
Canoeing/Sea Kayaking Equipment List

Unless specified, all the gear listed here is essential and required. In remote settings, your safety and comfort depend on being properly equipped. If you have any questions about anything on this list, please do not hesitate to phone Andrew Jillings or Betsy Muenk at 315-859-4272.

We recommend that you pack all these items in two soft duffels or backpacks (no suitcases or trunks). The packing arrangements can seem overly complex but here goes. When you arrive you can move all your worldly goods for the entire year into your permanent room. You will then move out and relocate to a temporary dorm room for the two nights prior to the trip (Monday and Tuesday), taking with you everything on the trip list and the pre/post lists below. The trip list gear goes in one bag (if one of your bags is a backpack we recommend you use this one as your trip bag) and the pre/post list gear in the other. The morning of the trip (Wednesday), you will move out of your temporary room, having packed your two bags (leave nothing behind). The bag with your trip gear goes with you and the other bag gets sent ahead to meet you at your ropes course site. Got it?

Trip packing list (backpack or duffel)

- ___ 2 T-shirts
- ___ 1 wool sweater or pile pullover or jacket
- ___ 1 pr. shorts (quick drying soccer-type shorts are best)
- ___ 1 pr. long johns bottom (no cotton), or polypropylene, or lycra, running tights or nylon pants
- ___ 2 pr. underwear
- ___ 4 pr. socks (2 wool, 2 athletic nylon)
- ___ 1 pr sneakers (they will get wet and muddy). If you want to bring Tevas they will be in addition to sneakers.
- ___ 1 bathing suit
- ___ raingear jacket and pants, no ponchos
- ___ 1-2 bandanas
- ___ 1 lightweight brimmed hat
- ___ 1 wool or fleece hat (like for skiing etc)
- ___ toiletries (toothbrush & paste, contact solution, tampax, etc). Keep it small! No glass.
- ___ eating utensils, fork and spoon, plastic bowl and insulated mug.
- ___ pocket knife (Swiss army or Leatherperson)
- ___ lighter or waterproof matches
- ___ extra glasses if you wear contacts
- ___ safety strap for prescription or sunglasses
- ___ sunglasses, chapstick, sunscreen (SPF 15 to 30)
- ___ insect repellent (with DEET); small plastic bottle-no cans
- ___ any required medication.
- ___ whistle--this is essential for wilderness safety
- ___ small notebook and pen
- ___ small headlamp or flashlight with extra batteries
- ___ *2 quart-sized water bottles
- ___ *foam sleeping pad or Thermarest
- ___ *sleeping bag, lightweight rated to 40F (synthetic mummy bag, no cotton content)
- ___ 4 large heavy duty plastic garbage bags
- ___ small daypack or bookbag for day-hikes
- ___ 25-50 feet 1/4 in. nylon line (hardware store stuff is fine)

* Adirondack Adventure has a small number of these items for loan.

Optional items for trip packing list

- ___ Doctor Bronner's soap (it's biodegradable and comes in handy small plastic bottles)
- ___ camera, film
- ___ very small towel
- ___ Silva type compass (bring if you have)
- ___ fishing tackle and license (you must have a NY license to fish)
- ___ small musical instrument
- ___ stuff sacks (various sizes for gear)

Pre/post packing list (duffel)

- ___ 3 t-shirts
- ___ 1 sweatshirt, wool shirt or sweater
- ___ 1 small towel
- ___ 2 pr. shorts
- ___ 2 pr. jeans/pants
- ___ pajamas
- ___ 4 pr. underwear
- ___ 4 pr. socks
- ___ 1 big towel
- ___ 1 pillowcase
- ___ toiletries
- ___ 1 pair sneakers
- ___ musical instrument (optional but strongly encouraged)
- ___ pillow for pre-trip (optional)

DO NOT BRING: ALCOHOLIC BEVERAGES, DRUGS, CIGARETTES, TOBACCO, FOOD, JEWELRY, RADIOS, TAPE DECKS, WALKMANS, MAKE-UP