

# Clothing & Equipment List

## For Paddling Day Trips in the Adirondacks (Summer)

*Note: The items labeled "required" constitute the ADK's best assessment of the personal equipment necessary to reasonably minimize the risks of such a wilderness activity. Because of this, only participants prepared with the required equipment items will be allowed to participate on ADK trips. For the safety of the group, the instructor reserves the right to deny participation, without reimbursement, to any individual deemed inadequately prepared. Please note the level of importance for each item: Required = "must have to participate"; Recommended = "highly desirable"; or Optional = "users' choice".*

<b>Boat, Paddle, and PFD</b>		
Equipment	Notes	Check Lists
Boat & Paddle	<i>**Depending on the destination, ADK may be providing pack rafts for our backcountry water monitoring trips. Please call to ask if personal boats (canoes or kayaks) and paddles are required during your desired trip.**</i>	
PFD	<i>Required.</i> A personal Flotation Device is required on the trip. We will require that you wear one for the duration of the outing while on water.	
<b>Footwear</b>		
Equipment	Notes	Check Lists
Paddling Shoes	<i>Required.</i> Paddling shoes are any shoes or sneakers that provide comfort and can get wet. To minimize injuries to the feet, closed-toe shoes are a must.	
Hiking boots	<i>Required.</i> Hiking boots to get between ponds and to maneuver across variable terrain will provide better traction, adequate ankle support, and more water resistance than most casual footwear.	
Socks	<i>Required.</i> Heavyweight wool socks perform best.	
<b>Clothing</b>		
<b>A Note on Clothing Materials:</b>		
<p><u>Cotton:</u> NO COTTON! While comfortable in the frontcountry, cotton absorbs and retains water, drawing heat away from the wearer. For this reason, cotton clothing is deadly in the backcountry and is not risked on ADK trips.</p> <p><u>Wool:</u> A favorite material of woodsmen for centuries, wool retains its insulating qualities when wet. Also, wool is singularly durable.</p> <p><u>Fleece:</u> Also called Pile, Fleece is a synthetic material that draws moisture from skin without actually absorbing water, which makes for great insulation. Otherwise similar to wool, fleece is lighter, but bulkier.</p> <p><u>Polypropylene:</u> Polypropylene is another synthetic material that serves as a great insulator. It is especially effective as a moisture-wicking base layer next to skin.</p>		
Equipment	Notes	Check Lists
Synthetic t-shirt	<i>Recommended.</i> We strongly suggest a lightweight synthetic t-shirt to wear on hot days and while paddling in less buggy areas.	

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Top Base Layer	<u>Required</u> . A long-sleeved synthetic (ex. polypropylene) or merino wool mid-weight long-underwear top works best. We recommend two, in case one gets wet from perspiration or precipitation.		
Insulating Top Layer	<u>Required</u> . Many participants prefer a light fleece or wool shirt, sweater or jacket. A heavy-weight long underwear top may also acceptable.		
2 <sup>nd</sup> Insulating Top Layer	<u>Recommended</u> . Participants may desire a supplementary heavier fleece or wool jacket, or vest, especially those who get cold easily.		
Rain Jacket	<p><u>Required</u>. Any rain jacket must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. Rain jackets with hoods and ventilation zippers are desirable.</p> <p><u>Note</u>: Ponchos are unacceptable because they do not offer enough protection from wind and/or rain.</p>		
Bottom Base Layer	<u>Required</u> . A synthetic (ex. polypropylene) or merino wool mid-weight long-underwear bottom works best.		
Hiking Pants	<u>Required</u> . Durable, quick-drying synthetic pants are ideal. Zip-off pants allow for use as both pants and shorts, as well as for some ventilation.		
Nylon Shorts	<u>Recommended</u> . Durable, quick drying synthetic shorts are ideal.		
Swimsuit	<u>Optional</u> . Nylon shorts (and a synthetic t-shirt) may double as swimwear.		
Rain Pants	<p><u>Required</u>. Any rain pants must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable.</p> <p><u>Note</u>: Full-length side zippers facilitate quick and easy layering that eliminates the annoyance of footwear removal.</p>		
Sun Hat	<u>Recommended</u> . Wide-brimmed hats or baseball caps protect the eyes and the face from the sun. Also, hats may protect the head from rain or insects.		
Sunglasses	<u>Recommended</u> . Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.		
Winter Hat	<u>Optional</u> . A fleece or wool hat can provide warmth in rain or in an emergency.		
Glove liners	<u>Optional</u> . Lightweight glove liners can function as insulation, as well as protection against blisters and bugs.		

### Packing Equipment

Equipment	Notes	Check Lists	
Note: Personal gear can be packed in a backpack lined with plastic bags or in specially-designed dry bags.			
Day Pack with Waterproof Bag Liner(s)	<p><u>Required</u>. Packs should be spacious enough to hold all required personal equipment. For our trip, the minimum adequate volume is 30L/1,800in<sup>3</sup>. To keep belongings dry, line your pack with a heavy-duty plastic bag. Placing items in large sealable plastic bags (Ziploc®) or waterproof stuff sacks also works.</p> <p><i>*This equipment item is available for loan.</i></p>		
OR			
Dry Bag(s)	<u>Required</u> . Dry bags provide a more reliable method of water-proofing. A medium “day pack-size” dry bag with shoulder strap(s) is ideal.		

## Other Gear

Equipment	Notes	Check Lists	
Water Storage	<u>Required.</u> Two 1-liter plastic water bottles work well. Many participants also use bladder-bag systems (ex. Camelbak®) but at least one actual bottle should be taken in case the bag rips or leaks.		
Flashlight	<u>Required.</u> Headlamps are lightweight and very functional. <i>Note:</i> No light is reliable without either a backup flashlight or extra batteries and an extra bulb.		
Personal Toiletries	<u>Required.</u> Bring only essentials: i.e., sunscreen, lip balm, tampons, hand sanitizer, toilet paper, and medications.		
Whistle	<u>Required.</u> Three blows on a whistle is an effective rescue call.		
Lighter / Matches	<u>Recommended.</u> In a waterproof container. Lighters or matches can be used to light fires in an emergency. ADK will bring an adequate supply for the group, but as a rule, firestarting equipment is essential for every outing.		
Navigation Equipment	<u>Recommended.</u> The ADK provides the necessary navigation gear, but participants may opt to bring their personal map, compass, and/or guidebook. As a rule, map & compass should always be carried.		
Pocket Knife	<u>Recommended.</u> Small blades may be useful.		
Emergency Space Blanket	<u>Recommended.</u> Lightweight space blankets provide protection in an emergency and are highly recommended.		
Nylon cord	<u>Recommended.</u> Parachute-cord is lightweight and has many uses. A 50' length is sufficient.		
Lashing Straps	<u>Recommended.</u> Lash straps made from nylon webbing allow items to be fastened to the boat for transportation.		
First-Aid Kit	<u>Optional.</u> ADK will provide a first aid kit for the group, but participants may opt to bring a small personal kit. As a rule, a first aid kit should always be carried by someone in your group.		
Insect Repellent	<u>Optional.</u> Especially in the buggy months of June and July, or in wetter areas, repellent can reduce the stress of insects. Only a very small bottle is necessary.		
Insect Headnet	<u>Optional.</u> A headnet can also reduce the stress of insects.		
Sunscreen	<u>Optional.</u> Only a very small bottle is necessary for our weekend trip. <i>Note:</i> SPF (sun protection factor) 30 is sufficient if applied regularly.		
Towel	<u>Optional.</u> Synthetic "pak towels" are absorbent and pack easily.		
Bandana	<u>Optional.</u> A bandana is the <i>only</i> equipment item that may be cotton.		
Writing Materials	<u>Optional.</u> Waterproof pens and paper can be used to take notes on instruction material or for journal purposes.		
Camera	<u>Optional.</u> The ideal camera is a waterproof, shock-resistant digital.		
Camp chair	<u>Optional.</u> Crazy Creek or a similar type of collapsible chair offers comfort at camp.		

## Provided Group Gear

Note: Paddling equipment including canoes, paddles, and PFD's (personal flotation devices) must be provided by you. The following is a list of group gear typically provided by the ADK for the use of all participants:		
First-Aid Kit	Water Purification System	Pack Rafts
Map	Trowel	

*To reserve any ADK equipment available for loan, please call the Education Department in advance. Please feel free to call the ADK's Education Department with any questions at (518) 523 3480 x19.*

*We are looking forward to answering your questions and to having you on our trip!*

Local outfitters who rent paddling and/or camping equipment:

*Adirondack Lakes & Trails Outfitters* (518) 891-7450

*Eastern Mountain Sports* (518) 523-2505

*High Peaks Adventure Center*

*The Mountaineer* (518) 576-2281

*St. Regis Canoe Outfitters* (518) 891-1838