

## What to Bring on a Pangaea Adventure! Kayak Camping Tours: A GEAR LIST

Important Note: **Avoid Cotton** when ever possible

Pangaea Adventures strongly advises following this clothing list closely. We believe in the layering system and attempt to keep the packing lightweight, warm, and safe! Cotton does not insulate well when wet! If you find you need to purchase any of these items, remember they are all items you will be thankful you had both on this adventure as well as on your next adventure. Valdez and Anchorage have sports shops to purchase these items, and the prices are usually comparable. Visit our web site for a link to purchase items online!

### Kayaking

- \_ 2 Synthetic T-Shirts
- \_ 1 pair of shorts (quick dry)
- \_ 2 pairs of pants (1 comfortable light nylon or Polyester and 1 med weight fleece or polyester)
- \_ 1-2 Pairs of long underwear, Polypro (no cotton)
- \_ 1-2 Lightweight Polypro (synthetic) shirts
- \_ 1 Medium weight Polypro/fleece shirt
- \_ 1 heavy Fleece Jacket
- \_ 1 Rain Jacket 100% waterproof, hooded (Coated nylon is best) See Breathable fabric note below!
- \_ 1 Pair rain pants 100% waterproof with taped seems (Coated nylon is best) See note about Breathable Fabric!
- \_ 3-6 Pairs of Wool or other Synthetic socks. (No Cotton)
- \_ Underwear (again, avoid cotton and yes they do make them)
- \_ 1 Wool or Fleece hat (should cover ears and not just a baseball cap)
- \_ 1 Pair of Mid weight Polypro or wool gloves
- \_ 1 Pair of Thin Glove Liners (polypro)
- \_ 1 Pair of comfortable hiking shoes or sneakers
- \_ Wide mouth water bottle or hydration pack
- \_ Toiletries including personal medications and tampons
- \_ Sun Glasses with straps
- \_ Sun Screen & Lip protection
- \_ Mosquito head net
- \_ Zip Lock bags or a few nylon stuff sacks.
- \_ Sun/Rain Hat (a full rim rain hat is such a great item to have!)
- \_ Small flashlight (Headlamp)
- \_ Personal Kit Containing the following (we carry these items but find it handy for each person to have their own)
  - Anti-bacterial hand gel, small amount of Ibuprofen or similar, a few Band-Aids, A Small bag of Tissues, Mole Skin

### Optional items:

- \_ Camera and extra film
- \_ Binoculars (Waterproof are highly suggested)
- \_ 1 Pair of Sandals (in place of sneakers)
- \_ Extra Stuff Sacks (variety of sizes and colors)
- \_ Personal Tent (We supply tents, however some people like to bring their own)
- \_ Sleeping Bag - 0 to 20 degree synthetic bag is preferred. We can supply sleeping bags but some people bring their own. (No Down Bags)
- \_ Sleeping Pad (We supply a sleeping pad, but many people bring there own)
- \_ Fishing gear
- \_ Small flashlight (Headlamp) for tours after 2<sup>nd</sup> week in July
- \_ Personal insulated Mug
- \_ Calf high Rubber Boots (we supply these but you may bring your own)

**Important Note About Breathable Fabrics** – Gore-tex and other so-called waterproof breathable fabrics are not waterproof enough to stay dry during long rainy days. If you really want to bring a breathable jacket or pants, you **MUST** re-treat the outside of the garment with a new waterproof coating (DWR). The DWR (durable water repellent) that your garment is treated with new will wear out in a short time. Contact us for more information.

Bring extra clothes for before and after the tour. You are welcome to bring any kind of comfortable clothing you wish for around town, but we cannot stress enough the importance of **not wearing cotton** on tour. Temperatures in town can range from the mid forties to upper eighties. We will keep all extra items in town while out camping. Visit our web site for links to buy gear online! [www.alaskasummer.com](http://www.alaskasummer.com).