

# Information for Summer Day Paddlers

## **What to Bring and Wear for a Paddling Day**

Personal items will be carried in a "dry bag"; you can bring your own or one will be provided. Synthetic clothing such as fleece, nylon, polyester and polypropylene are constructed from manmade materials that dry quickly if they get wet. These are the preferred materials for outdoor use. Wool is also OK, but not widely used anymore. Cotton clothing does not dry quickly and should be avoided on paddling trips.

### Clothing to wear or bring:

- ✓ clothing that can get wet, a bathing suit makes a good base layer
- ✓ water shoes or sneakers that can get wet. Sandals are OK as long as they are not open back, such as flip-flop type sandals
- ✓ some paddlers like to wear neoprene socks or nylon liner socks
- ✓ hat or cap for sun and bug protection
- ✓ loose fitting comfortable t-shirt (avoid 100% cotton)
- ✓ long sleeve nylon or polypropylene shirt
- ✓ shorts (not 100% cotton)
- ✓ long pants are OK, (they should be nylon, polyester or lycra , not cotton or denim)
- ✓ rain gear (nylon wind jackets are usually not waterproof)
- ✓ wind jacket (if your rain coat is not breathable)
- ✓ light fleece top for mornings or cool days
- ✓ warm hat for mornings or cool days
- ✓ a PFD (lifejacket) will be provided, you can bring your own if you like; we will check it out to make sure it is approved for kayaking. PFDs will be worn whenever we are on the water.

### Do Not Wear:

- ✓ blue jeans of any kind, including denim shorts
- ✓ hiking boots or street shoes

### Other items to Bring:

- ✓ hiking boots if a day hike is planned (put your boots in a old grocery bag, so they don't soil other gear in your pack)
- ✓ sunscreen
- ✓ insect repellent
- ✓ sunglasses w/ retaining strap
- ✓ water bottle
- ✓ towel
- ✓ snack

### After trip bag (to be left in pick up vehicle):

- ✓ dry clothes to change into, including footwear
- ✓ extra towel
- ✓ extra water bottle or beverage

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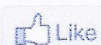
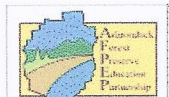


### **NYS Licensed Guides**

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