What to Bring:

Personal clothing & gear for paddlers: Dress for the weather in layers (we dress for the air temperature not for cold water immersion)

- Upper Body – long sleeves — *Bottom layer*-synthetics: polypro capilene shirt is best (cotton t-shirt is o.k. for sun protection)
  Middle layer- comfortable sweater or fleece vest
  Top layer- light to medium weight rain & wind resistant jacket
- Lower Body- — If weather is cold-polypro or capilene tights under pants or shorts. For Northwest conditions- comfortable, loose fitting shorts or pants
- Footwear- — Wear shoes that you won't mind getting wet!! You want to wear something with hard soles such as Tennis shoes, closed toe sandals, Aqua socks, neoprene booties w/ soles or rubber boots – fleece socks optional
- Rain Gear- — Light weight rain coat or poncho (heavy duty trash bags for extra dry clothes for lunch break)
- Sun/Rain Hat- — w/ strap (recommended)
- **Sun Screen-** — We recommend SPF 30. Lip Bam is also highly advised
- Sun Glasses- — w/ croakie –type strap
- Binoculars- — A compact pair w/ strap is best but a large pair can fit on your lap. We encourage wildlife viewing without encroachment.
- **Water** — Bring 1 full Qt. bottle (more if you want & definitely during hot weather)
- Lunch — Lunch may be individual or a group shared pot luck (pre arranged) We recommend individual insulated coolers. Bring something to drink or extra water. **NO ALCOHOLIC BEVERAGES ALLOWED!!**
- Sense of humor & Adventure

Optional:

- **Change of clothes** for the ride home (Aqua Trek guides carry emergency warm-up clothes)
- **Extra dry shoes and socks** for the ride home
- **Bicycle gloves** or any palm grip gloves for warmth or to avoid blisters (if you are prone to blisters)
- **Fanny pack** (turned to your lap) for all those little necessities. Not optional if you carry a **Personal first aid kit** (bee sting, etc.) (Plz inform your guide)
- **Thermos** for hot beverages for chilly days – Coffee, tea, hot chocolate, etc.
- **Books** Bird books and Field Guides are encouraged. We keep ours in a large zip lock bag then store in a 'dry bag'.
- **Cameras are recommended**. Waterproof – disposable ones are the best!! If you want to bring your own and it is not waterproof please inquire as to how to provide the best protection (no guarantees)

If you have further question please don't hesitate to call or fax
Aqua Trek (360) 403-1681