**CSUSB Adventure Kayak Day Trip Packing List**(Items in **Bold** are available to check out)

**Pack and Sleeping:**

* Day Pack

**Upper Body:**

* **Waterproof Jacket (if rain predicted)**
* Fleece Jacket or Sweatshirt
* Cotton or Synthetic Blend Hiking Shirt (Breathable Layer)
* Sports Bra

**Lower Body:**

* Nylon Shorts
* Light Weight Long Pants/ Cotton or Synthetic Hiking Pants
* **Waterproof Pants (if rain predicted)**
* Underwear
* Bathing Suit

**Feet, Hands, and Head:**

* Comfortable Shoes
* Socks
* Wet Shoes or Sport Sandals (required for kayaking)
* Wide Brimmed Shade Hat

**Personal Items:**

* Towel
* Sunscreen
* Insect Repellant
* First-Aid Supplies (NSAIDs, Band-Aids, After-Bite, personal medications, blister care)
* 2 Reusable Water Bottles (1 quart)
* Sunglasses
* Trash Bags
* Camera, book, or journal (optional)

**Group Equipment that CSUSB Adventure will provide:**

* **Expedition First aid Kit**
* **Stoves, Fuel, Cooking Gear**
* **Repair Kit for Tents, Stoves, Packs, etc.**
* **Wetsuits if needed**
* **Kayaking Gear (boat, paddle, life jacket)**