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)