

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)**