

CSUSB Adventure

Paddling Trip Packing List

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)

Equipment you will provided:

- **Kayaking Gear (boat, paddle, life jacket) or Stand Up Paddle Board (board, paddle, Life jacket)**