

ADVENTURES

in good company

PADDLING WITH MANATEES PACKING LIST

FOOTWEAR

- ❑ 1 pair of **paddling shoes**. For winter, neoprene paddling booties/shoes are ideal. However, you can also wear Solomon or Keen type water shoes, Teva/Chaco sandals or athletic shoes. (You can expect your feet to get wet if you have to get out of your kayak.)
- ❑ 1 pair of comfortable **walking shoes** for wearing around the hotel (e.g. crocs, wool clogs, slippers)
- ❑ 2 pairs **hiking socks** (these should fit comfortably in your paddling shoes; you may need to wear them if the weather is cold): Smartwool, Bridgedale, Darn Tough

EQUIPMENT/ESSENTIALS:

- ❑ 1 **daypack** (24-30 Liter)
- ❑ Capability to 'waterproof' your backpack. Either a **rain cover** or a heavy-duty plastic bag to line your pack.
- ❑ **2-3** Liter water capacity (if you are bringing a **hydration system**, you may also want a **water bottle** for daily use)
- ❑ **Sunglasses** (100% UV protection) w/retention strap
- ❑ **1-2 bandannas/buffs**
- ❑ **Sunscreen** and **lip protection**
- ❑ **Ear plugs** (for a good night's sleep!)

CLOTHING

- ❑ 1 pair of comfortable, synthetic **long or 3/4 pants** for hiking (zip offs work well)
- ❑ 1 pair of **shorts or 3/4 pants** (lightweight and quick drying)
- ❑ **2-3** synthetic or lightweight merino **wool T-shirts or short-sleeved shirts**
- ❑ 2 pair of **long underwear top and bottoms** (silk, wool, or synthetic equivalent)
- ❑ **1-2** lightweight, **long-sleeved shirts** for sun/bug protection (button up front is the best)
- ❑ 2 medium weight **wool/fleece jackets or pullovers** or synthetic equivalent
- ❑ 1 **rain jacket and rain pants**/rain skirt: should be a waterproof/breathable fabric like Gore-tex. Some people like a **rain hat** as a substitute for wearing their hood while paddling.**Rainpants are essential because we will use some sit-on top kayaks where you will get wet.*
- ❑ **Underwear and nightwear**
- ❑ 1 **wide brimmed or baseball style cap/hat** for protection from the sun/rain
- ❑ **2-3** changes of **comfortable clothes** for casual wear (e.g. pants and/or skirt, with a couple of tops) try Toad & Co for sustainable options!

- ❑ **Cell phone, charger/power bank, headphones**
- ❑ **Compact binoculars**
- ❑ **Small headlamp or flashlight**

TOILETRIES (SMALL EVERYTHING)

- ❑ **Toothbrush and toothpaste**
- ❑ **Dental floss**
- ❑ **Hand sanitizer/wet wipes**
- ❑ **Shampoo & conditioner**
- ❑ **Personal items** (contact lens supplies, sanitary items, personal medications)
- ❑ **Personal first aid/patch kit:**
Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, etc.

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- ❑ **Camera** and film/memory card (extra batteries)
- ❑ **Wristwatch/travel alarm clock**
- ❑ **Book/Journal and pen**
- ❑ **Insect repellent**
- ❑ **Lightweight umbrella**
- ❑ **1 pair neoprene socks** (nice to wear with sandals if the weather is cold)
- ❑ **1 pair paddling gloves** (padded bike gloves work well; if it is cold neoprene gloves are a plus)
- ❑ **Water-proof dry bag**
- ❑ **Extra snacks** (snacks will also be provided)

ADVENTURES IN GOOD COMPANY'S packing list covers items to help you prepare for the various activities and conditions of this trip. Because we are paddling in Florida, you may be tempted to skimp on the warm clothes. Don't. The weather at this time of year can be quite variable. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. If you're flying domestically within the U.S., be sure to bring a **REAL ID**. A valid passport is still required for all international travel.

SHOES/BOOTS: Bring shoes or boots that can possibly get wet and we recommend ones that can protect your toes when we hike, such as Solomon or Keen water shoes. Teva/Chaco sandals are also an option (though it may be cool weather, so bring socks). Aqua socks could work well for the paddling portion of this trip because we don't do any hiking. You'll want shoes or light hikers for the last morning's hike. This hike is flat and not too long.

CLOTHING: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied-weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

FABRIC NAMES: Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, Polartec and Gore-Tex. In addition, there are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to cotton—thus, they continue to provide warmth when wet. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really are miracle fabrics. Wool is also a very good choice, especially some of the new clothing made by Ibex or Smartwool. It is 100% merino wool, keeps you warm and dry and is not itchy. It also doesn't absorb the odors the way many synthetic materials do. You can also buy less expensive wool clothes at a second hand or Army/Navy store. Cotton is not! Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.

RAIN GEAR: This could be your most treasured clothing. We recommend a two-piece rain suit made of a breathable/waterproof fabric like Gore-tex, Hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

WATERPROOF BAGS: We recommend a water-proof dry bag for your personal day gear – water, sunscreen, snack, hat, sunglasses, camera, a layer of clothing - several companies make vinyl bags with good closures (Phoenix, Outdoor Research, Cascade Designs). Wide-mouthed plastic jars are good for film, first aid supplies, and the like. Ziploc bags are handy for many uses. We recommend 10-15L size for your trip gear. If you can't find or don't want to go to the expense of purchasing waterproof drybags you can also make your own with plastic bags, rubber bands, and nylon stuff sacks (a sleeping bag stuff sack works well for this purpose). To create your dry bag - you first put the garbage bag in your stuff sack, then stuff your items in the garbage bag inside the stuff sack. Compress the air out of the garbage bag/stuff sack combo and twist the garbage bag opening many times to create the closure. Bend the twisted portion over and wrap with a rubber band.

PERSONAL FIRST AID KIT: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

DAYPACKS: Your daypack should be large enough to hold the following items: 2-3 liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity between 24 – 30 Liters (1450 and 1840 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home, check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.

Be sure to check out the Adventures in Good Company Gear Guide—it's packed with great recommendations to help you gear up for your adventure!

Click [here](#) to view our recommendations!

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