

# PACKING LIST – PADDLING WITH MANATEES

## FOOTWEAR

- 1 pair shoes for paddling and walking. For winter neoprene paddling booties/shoes are ideal. However, you can also wear: Solomon or Keen water shoes, Teva/Chaco sandals, lightweight hiking boots, or athletic shoes. You can expect your feet to get wet if you have to get out of your kayak.
- 1 pair of comfortable 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)
- 1 pair neoprene socks (optional, but nice to wear with sandals if the weather is cold)

## CLOTHING

- 1 pair comfortable, lightweight pants (light wool or Supplex/nylon material). Zip offs work well.
- 1 pair of shorts (optional)
- 2 T-shirts or short-sleeved shirts, preferably synthetic or lightweight wool
- 1 long-sleeved, lightweight shirt for protection from sun, button up is ideal
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition weight” long underwear, microfleece). A fleece or wool vest can work for this layer as well.
- 1 fleece jacket
- 1 rain parka and rain pants\*: coated nylon or 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/nightwear
- 1 wide-brimmed hat for sun and high fashion!
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner (e.g. pants and/or skirt, with a couple of tops)

## TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- personal “patch kit”: Band-Aids, 1 safety pin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your physician.

## ESSENTIALS

- Sunglasses (100% UV protection) w/ retention strap; polarizing sunglasses are recommended to help see the manatees
- 1 one-quart water bottles or hydration system
- headlamp or flashlight with fresh batteries
- Ear plugs (for a good night’s sleep!)
- Your favorite snack (snacks will be provided but if you have a favorite or dietary needs we suggest you bring our own.)
- 1 daypack (lined with a garbage bag) or medium sized dry bag - large enough to hold your supplies for the day (water, snacks, raingear, extra layer, etc.); large ziplocs can also work for dry bags
- Bandana(s)
- Binoculars (highly recommended)
- Plastic sandwich size container

## OPTIONAL

- Book, notebook, journal, pencil/pen
- Camera (extra battery) and film/memory card
- 1 pair paddling gloves (padded bike gloves work well; if it is cold neoprene gloves are a plus)
- wristwatch with an alarm or travel clock
- Playing cards/small game

## NOTES ON PACKING

Adventures in Good Company's packing list covers everything you need for your safety and comfort. 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.

**CLOTHING:** 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. You can use long underwear as your base layer, your mid-weight top or vest as your second layer, and your fleece jacket as a third layer. You use your rain gear as your outer layer, and warm hat and/or gloves as needed.

**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 material. Vinyl, coated nylon, or a waterproof/breathable fabric (such as Gore-Tex, HellyTech, Ultrex, E-vent, etc.) will do fine for this paddling trip. However, the advantage to having a waterproof/breathable rain suit is that as you paddle and work up a sweat, your body's moisture is able to escape through the fabric to the outside. This will keep you much drier than a non-breathable rain suit (vinyl, nylon). If your rain gear is breathable it can double as your wind proof layer. We do not recommend a poncho because it flies about in the wind and lets water run down your paddling arms. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. Make sure you bring rain pants as we will paddle some sit on top kayaks during the weekend that let water in from the bottom and these will help keep you dry and warm.

**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.

**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, rubberbands, 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.