

PACKING LIST – DOURO VALLEY KAYAKING AND HIKING

FOOTWEAR

- 1 pair of lightweight hiking (boots or shoes)
- 1 pair of comfortable shoes for general use
- 1 pair of water shoes for kayaking, Teva/Chao sandals, river shoes or dive booties work well
- 2-3 pairs of synthetic socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- 1-2 pair of comfortable synthetic long pants - zip-offs work
- 1-2 pairs of shorts or $\frac{3}{4}$ pants (lightweight and quick drying)
- 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 lightweight, long-sleeved shirt to keep sun off - button up front works well
- 1 lightweight fleece jacket
- 1 rain jacket – **waterproof/breathable** fabric like Gore-tex
- Underwear/nightwear
- 1 wide brimmed or baseball style hat for protection from the sun/rain – (a string tied to the hat will keep the wind from blowing it away or guard to secure your hat)
- 1 swimsuit
- 1 – 2 changes of casual clothes to wear at end of day

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

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.

EQUIPMENT/ESSENTIALS

- Passport and a photocopy of your passport**
- 1 pair Trekking poles (optional)
- 1 daypack (see notes on packing list for recommended capacity)
- 1 one-quart or liter water bottle
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Ear plugs (for a good night's sleep!)
- Travel towel for kayaking
- Insect repellant (20-100% DEET)
- Small dry bag for keeping a few essentials in while you kayak
- 220V 3-tier converter
- 1 bandanas/buff
- Wristwatch/travel alarm clock

OPTIONAL (personal preference, not required)

- Camera (extra battery) and film/memory card
- Book, notebook, journal, pencil/pen
- Compact binoculars
- Your favorite snack (snacks will also be provided)
- Wash cloth (typically European linens do not include a wash cloth)
- Rainpants
- Paddling Gloves

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), personal first aid kit and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snuggly over it. 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. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle – you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

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, or similar, a small role of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

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 active wear! 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.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important 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 (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

Trekking Poles: Trekking poles are optional for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.