



## 2020 Schuylkill River Sojourn: What Should I Wear & Bring?

*Please mark your name on everything you bring.*

### On-Water Gear

- Kayak or canoe** - You can bring your own boat or arrange a rental from Take it Outdoors Adventures in advance of the trip.
- Paddle**
- Type III life jacket (PFD)** - Inflatable life jackets are not permitted.
- Face mask** - To reduce the spread of infectious disease, a cloth face covering is required to be worn when not on the water.
- Small personal bottle of hand sanitizer gel**
- Whistle**
- Sunblock and lip balm with SPF** - The guides recommend sunblock with an SPF of at least 30.
- Waterproof dry bag**
- Filled water bottles** - Pack two or three water bottles with a minimum total capacity of 2 liters (64 ounces) per person. Fill your bottles at home with water or sports drink. Consider adding ice from home.
- Medications you require during the day**
- (optional)* Bailer and sponge
- (optional)* Seat pad
- (optional)* Small waterproof dry box - Useful for protecting cell phones and car keys.
- (optional)* Spare paddle

### Not Permitted

- Inflatable life jackets
- Paddle leashes
- Unsecured or excessive lines, ropes, or bungees
- Portage wheels on kayak decks or inside cockpits

### On-Water Wear

*Consult a weather forecast when packing for your day on the water. Conditions can include 90+° temperatures, brilliant sun, downpours, and strong winds.*

- Athletic apparel, outdoor clothing, and/or swimming apparel** - Pack swimwear or clothes designed to wick moisture and dry quickly. Consider clothing that provides UV protection.
- Sport sandals with ankle straps, water shoes, or sneakers** - Shoes are required for the trip. Avoid flip flops and shoes that can't get wet.
- Hat with a brim**
- Sunglasses and glasses strap**
- Rain jacket or paddling jacket** - No ponchos.
- (optional)* Paddling gloves
- (optional)* Rain hat