

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

*Please mark all your possessions with a permanent marker*

### On-Water Gear

**Kayak or canoe** - You are responsible for providing or renting a canoe or kayak. You can arrange a rental from [Take It Outdoors Adventures](#) when registration opens.

**Paddle**

**Coast Guard Approved Type III Life Jacket (PFD)** - Inflatable life jackets are not permitted.

**Sunblock and lip balm with SPF**

**Waterproof dry bag**

**Water bottles** - Aim for 1.5 liters or 48 ounces of water bottle capacity per person. Water will be available at every stop.

**Medications you require during the day**

(optional) Bailer and sponge

(optional) Whistle

(optional) Seat pad or knee pad

(optional) Small waterproof dry box - Useful for protecting cell phones and car keys.

(optional) Short bow line (painter line) - 5 to 10 feet in length. Lines must be coiled short and secured when not in use. A line is not necessary.

(optional) Portage wheels - If you bring wheels, they must be secured safely inside a hatch when not in use. Portage wheels are most needed on Thursday. Wheels are not necessary, even if you are unable to portage your boat by yourself.

(optional) Spare paddle

### Not Permitted

**XX** Inflatable life jackets

**XX** Paddle leashes

**XX** Unsecured or excessive lines, ropes, or bungees

**XX** Portage wheels on kayak decks or inside cockpits

### On-Water Wear

*Pack for hot, cold, sunny, wet, and windy weather. Prepare for 40° to 90° daytime temperatures, brilliant sun, downpours, and strong winds.*

**Athletic apparel, outdoor clothing, and swimming apparel** - Pack clothes designed to wick moisture and dry quickly. Dress for the weather such as cold temperatures and rain. Avoid cotton garments except on the hottest days. 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) Additional dry clothes and warm layer - Polyester fleece jacket, neoprene top, synthetic "puffy" jacket

(optional) Rain pants or paddling pants

(optional) Rain hat

### Off-Water

**Up to two duffel bags per person** - Water resistant or waterproof bags are recommended.

**Camping gear** - Consider packing a tent, ground cloth, tent stakes, sleeping bag, sleeping pad/camping mattress, and pillow.

**Clothing for a cool night** - Extra layers, a fleece or wool hat, and gloves are suggested.

**Shoes and socks** - Switching shoes when you get off the water will help minimize blisters.

**Headlamp or flashlight, and extra batteries**

**Toiletries and a towel**

**Any medications you take**

(optional) Baby/body wipes - Showers are not available at some of our camps.

(optional) Insect repellent

(optional) Spare glasses



(optional) Blister treatment supplies

(optional) Earplugs - We camp near train tracks.

(optional) Folding camp chair