

Camping

- [Sleeping bag](#)
- [Sleeping pad](#)
- Iodine or bleach
- [Personal mess kit](#) (mug, plate, spork, etc.)
- Toiletries (toothbrush, face cloth, etc)
- [Water pump or purification system](#)
- [Compact stove](#)
- [Stove fuel](#)
- [Kitchen & cooking kit](#) (aluminum pot, spatula, etc)
- [Tarp or ultralight shelter](#)
- [P-Cord](#) or similar
- [Headlamp](#)
- Bag for garbage

Supplies

- [Food](#) (labeled by day or meal)
- [Water storage](#)
- Repair equipment
- [Break-down or backup paddle](#) (stored inside the hull of a whitewater boat or on the deck of a touring boat)
- Duct tape or Gorilla tape
- Needle and thread for skirt repair
- Zip ties (for boat repair)
- Any manufacturer-specific spare boat parts

Safety Gear

- [Throw bag](#) (at cockpit)
- [Basic first aid kit](#) (minimum)
- PLB or communication device
- [GPS](#) or navigational device
- Emergency contacts

Clothing & Wearable Gear

- [Personal Flotation Device](#)
- [Knife](#)
- [Micro first aid kit](#)
- [Whistle](#)
- Synthetic base layers
- [Board shorts or swim suits](#)
- Synthetic hat
- Sandals
- [Waterproof footwear for men](#) or [women](#)
- Waterproof gloves

- [Rain shell](#)
- Rain pants
- Dry, synthetic layers for camp & sleeping
- Wetsuit or dry suit (based on conditions & personal preference)
- [Synthetic socks](#)
- Bag for dirty clothes

Small Essentials

- [Water bottle](#)
- Lighters
- [Sunscreen](#)
- [Sunglasses](#)
- Sunglasses tether
- Itinerary

Optional

- [Bivy](#) (bug or rain)
- [Bug spray](#)
- [Camera](#) and [dry bag](#)
- Bear spray
- [Bear bag or canister](#)
- Journal & pen
- [Ultralight day pack](#)
- [Soft cooler bag](#)
- Any camping or travel permits
- Fishing license
- [Fly rod](#)

Sea-Kayaking Specific

- Nautical charts or maps
- Signaling flare (in PFD)
- Radio
- [Paddle float](#)
- [Sponge and bailer](#)
- Bowlines
- Trowel, waste bags, or portable latrine option