



Water Sport Adventures

Suggested Clothing & Pack List

(cooler months October-June)

Please prepare for your upcoming adventure by reviewing this packing list. **Note that you are taking part in a water based activity and it is likely that your clothing and the items that you bring with you may get wet.** If you have any questions or need to borrow any equipment, please alert us at least 7 days prior to your trip.

To Wear (Participants should dress with the assumption that they may be submerged in water):

- Quick drying (synthetic/nylon/wool/neoprene) long-sleeved top *
- Quick drying (synthetic/nylon/wool/neoprene) bottoms
- Synthetic or wool fleece layer *
- Water shoes: old tennis shoes or sandals with a heel strap (NO FLIP FLOPS) *
- Sunhat/baseball hat/warm hat *

To Bring:

- Lunch, snacks, and a full water bottle(s) (at least one liter per person)
- Sunglasses (with a strap) and sunscreen
- Additional warm layers (fleece, wool or synthetic) *
- Rain jacket *
- Extra dry clothes, shoes and/or a towel to change into for the ride home

AWL Will Provide:

- Personal Flotation Device (life jacket)
- Boats, paddles, and other relevant equipment
- All safety gear and first aid kits

Additional Gear Provided Upon Request:

- Wetsuit, Neoprene top and/or Paddling jacket *
- Dry Bag (for personal belongings) *

**Items that AWL can bring for participants if requested prior to trip*

To request items, please fill out a [Gear Request Form on our website](#) or call the Adventures Without Limits office at 503-359-2568