



## Water Sport Adventures Suggested Clothing & Pack List

(warmer months July-September)

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:

- Quick drying (synthetic/nylon) top \* *Optional to wear a bathing suit underneath*  
- (NO COTTON OR DENIM)
- Quick drying (synthetic) bottoms/shorts/swim shorts  
- (NO COTTON OR DENIM)
- Water shoes: old tennis shoes or sandals with a heel strap (NO FLIP FLOPS) \*
- Sunhat/baseball hat

### To Bring:

- Lunch and snacks
- Full water bottle(s) (at least one liter per person)
- Sunglasses (with a strap) and sunscreen
- Spare warm layer (fleece or synthetic sweater - NO COTTON) and/or 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 and/or Neoprene top/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.