

Kieve-Wavus Women's Trip

Suggested clothing and equipment list

General concept: Please plan to bring synthetic clothing that you can layer to adjust to variable weather. Cotton provides no warmth while wet, and does not dry quickly. The list below will provide you with some base wicking layers, warm insulation, and an outside barrier to wind and rain. Do not feel as though you have to buy expensive new items, outdoor or athletic clothing that you already own will be fine. Or, try your local thrift store for some new hip polyester or wool items. Please call or e-mail Suse Wicks with any questions at suse@kieve.org or (207) 563-5172.

- 2 pair hiking socks** (synthetic, wool or neoprene for canoeing, and one pair for in-camp, also should be synthetic, wool, or fleece).
- Camp shoes** (A lightweight sneaker or hiker to wear at our campsite after paddling)
- Shoes to wear while paddling** (Keens, Tevas or Chacos are great—should fit securely in moving water)
- 1-2 pair shorts** (nylon or synthetic—quick drying)
- Underwear, sports bras etc.**
- Pajamas/sleepwear** (cotton okay, or wear your long underwear)
- Swimming suit**
- 2 T-shirts** (One to wear canoeing, another for in-camp)
- 1 pair long pants** (synthetic, wool, fleece, or warm-ups work well. NO JEANS)
- wind or nylon pants** (optional)
- Lightweight long underwear bottom** (Bergelene, Capilene, Polypropylene, etc.)
- Lightweight long underwear top** (Bergelene, Capilene, Polypropylene, etc.)
- Heavy fleece/synthetic jacket** or Wool Sweater
- Light Fleece top** or warm synthetic shirt
- Rain gear** (Waterproof is essential! Water-resistant will not keep you dry!)
- Hat** (With a visor)
- Sleeping Bag** (Rated to 20 or 30 degrees, should be compressible and have a stuff sack)
- Boundary Bag** (Large waterproof dry bag for packing all of your personal items)—we will provide if you do not already own
- Therm-a-rest mattress** or ground pad
- Flashlight and extra batteries** (Headlamps are great if you have one)
- Plastic drinking mug** (The convenience store type works well)
- Plate/bowl to eat from** (Tupperware with lid works well)
- Utensils**
- 2 Bandannas**
- Sunglasses & security strap** (Croakie style)
- Extra garbage bags**
- Extra ziplocs (large)**
- 2 Water bottles or 1 Water bottle and Camelback** (Nalgene, one quart, labeled with name)
- Sunscreen**

- Lip balm**
- Mosquito repellent**
- Small pack towel** (No big soft cotton ones!)
- Toothbrush/paste**
- Camp suds biodegradable soap** (though no soap at all is best for the environment)
- Brush/comb**
- Personal medications, if any**
- Small daypack** (I like a small dry bag) for items you will want while paddling

Optional

- Pillow** (Camping size or use your bunched up layers in a stuff sack)
- Journal, pens, and book**
- Camera, memory card, batteries**
- Your favorite paddle and/or lifejacket** (If you don't have your own, we are happy to provide both a paddle and lifejacket)
- Trail chair** (The small and packable type. Makes camping life cushy! L.L. Beans calls them "Trail Loungers," but also popularly know as a Crazy Creek® chair. Please, no "camp chairs" with steel tubing).

That should do it. Please note that we will be carrying our gear on occasion, so try your best to minimize the additional things you think you might need. If there are items you would like to bring with you but will not need on the canoeing portion, please pack them in a separate bag and we will stow them for you while we are out on our trip.

Also, most items that you will need are probably personal items that you already have. Other things are available from LL Bean / Eastern Mountain Sports (EMS) / REI / Cabela's, or local sporting goods stores. By all means, bring things you already own!! Many people on shorter trips also choose to rent their gear rather than purchasing. Both LLBean and EMS have rental programs for items like sleeping bags. Please call or email if you have any questions!