



Maine Coast Kayak Three-week coed sea kayaking trip Wilderness Trip for Teens Equipment List

Please read the entire list very carefully. You must have all of your equipment before you arrive at Chewonki, as there will be no time to shop once you arrive! *All clothing and gear must be well marked with participant's name.* Many of the items listed below can be found on the [Summer Camp Supply website](#), some items are available for *rent. If you are renting a pack, please bring all items to Chewonki in a large duffel labeled with the participant's name.

REQUIRED ITEMS:

- *Sleeping Pad - closed-cell Ensolite, RidgeRest, or ThermoRest
- *Sleeping Bag- Synthetic three season bag recommended
- Stuff Sack (for sleeping bag)
- Small dry bag for day items and short island hikes
- Raincoat with hood – Good waterproof quality!
- Rain Pants - Good waterproof quality!
- Wet Shoes: old sneakers, neoprene booties, closed-toed river shoes, or river sandals with neoprene socks (see notes!)
- Dry Shoes: dry, comfy, and lightweight for relaxing around camp in and letting feet air out on kayaking trip. (sneakers, Crocs, sandals, etc. No flip-flops.)
- 3 T-shirts (preferably 1 cotton, 2 synthetic)
- Chewonki Wilderness Trip T-shirt - *See Summer Camp Supply site*
- Cotton Long Sleeved Shirt - for bug and sun protection
- 1 Set Synthetic/Poly long underwear* (top and bottom)
- Warm Jacket: Wool, Synthetic, or Fleece *
- Sweater/Pullover: Warm Wool, Synthetic, or Fleece * (Cotton Sweatshirts are not acceptable)
- Nylon Windbreaker or Spray Jacket* *Lightweight Rain jacket can substitute*
- 2 Pair warm wool/synthetic socks
- 3 Pair lightweight wool/synthetic hiking socks- *SmartWool* or similar brands recommended
- 5-7 Pair Underwear
- 2 Sports Bras (synthetic)
- 2 Pair Shorts- quick drying and lightweight (Swim trunks can double as 1 pair of shorts)
- Swim Suit
- 1 Pair Pants – lightweight nylon or synthetic.
- Warm Hat (wool, polypropylene or fleece)
- Full Brimmed Hat - for protection from sun and rain
- Small Towel (hand size or regular cut in half) or Pack towel
- Bandana
- Toilet Kit - biodegradable soap, toothpaste, toothbrush, hand cream, anti fungal cream for athlete's foot, tampons, etc. Small bottles please!
- Insect Repellent -(avoid any repellent with concentration of 70% or more DEET)
- Insect Head Net (No See Um Proof)
- Sunscreen – minimum spf 15
- Sunglasses (100% ultra-violet light block) w/neck strap
- Chapstick with Sunscreen
- Head lamp (recommended) or small flashlight
- Spare batteries (1 set) for headlamp/flashlight
- 2 durable, one liter water bottles
- Journal or Notebook - pencils, stationery, stamps, envelopes etc in a Ziplock bag

OPTIONAL RECOMMENDED ITEMS:

- Extra set light-weight long underwear (or similar) for sleeping
- Knife -pocket knife with locking blade or small sheath knife (only 1 knife per participant)
- Camera, Film in waterproof container
- Musical Instruments - tin whistle, recorder, harmonica, etc.
- A couple paperback books to read and share; deck of cards
- Several 1-gallon Ziplock bags
- Lightweight fleece pants
- 3-4 extra stuff sacks for organizing clothes/gear
- Spare sunglasses
- Wet Suit “shortie” - we provide these, but you may bring your own.**

SPECIAL EQUIPMENT NOTES:

Packing: Please bring all your gear to Chewonki in a large duffel or backpack. **We provide small dry bags that your gear and clothing will be packed into** while you are traveling. Your pack and any belongings that you don't bring with you kayaking will stay at Chewonki in a secure location until you return. It is handy to bring an additional small dry bag to carry personal items (like a camera, sunscreen, chapstick, and windshirt,) that you can strap to the deck of your kayak during the day. All other gear will be loaded into sealed compartments in the bow and stern of the boat which cannot be easily accessed while you are paddling.

Footgear: It's important to have one pair of shoes (not leather), that can be worn in water- that will stay put *and* protect your toes. Sandals are adequate but must be worn with a neoprene sock and stay securely on your foot. Many people bring along Crocs or sandals to wear around camp to give feet a chance to dry out. **Participants may not be barefoot at any time.** Sandals (without socks) are fine for relaxing in around the campsite but are not appropriate for safety reasons to wear while kayaking or cooking.

Raingear: The importance of raingear cannot be overstressed. **A waterproof rain jacket and rain pants are required.** The jacket should fit over several layers of clothing. Many rain suits need to have seams sealed with a water repellent. It's a good idea to try your rain suit out in a cool spring rain prior to your trip.

Insect head net: A head net is required and should be No-See-Um proof. Head nets are available in two mesh sizes - make sure you get the smallest. Black Fly and Mosquito populations vary greatly from year to year. Black flies should be expected during the first week to 10 days of the trip and then they die down and are usually gone by the 2nd week in July.

*** NOTE – Wool/Synthetic/Thermals:** *Polartec, Duofold, Capilene, Thermax, HotChilies, Polar Plus, polypropylene, fleece, nylon, and wool* are all fabrics that work well in a wet environment as they absorb little moisture and dry quickly. **These fabrics retain their insulating properties when wet while cotton does not!** Please include the required non-cotton thermals and check the clothing labels to avoid poly/cotton blends.

DO NOT BRING: Electronics of any kind (iPods, music players, electronic games, portable computers, cell phones), comics, magazines, candy, gum, or other food. You will have no use for money. If you need any of these items for travel before and after the trip, they will be collected the day you arrive and stored in a locked safe until the day you depart.

Please feel free to contact us with any questions concerning the preparation and packing for your child's trip!