Calvin Outdoor Recreation - Equipment List
North Channel Sea Kayak and Climb

*Your personal comfort and safety depend on your preparedness. Wilderness travel and living is subject to challenging weather conditions and changes. Your clothing is your personal shelter and your layering system is your personal thermostat. Wilderness participants should always ask themselves, if the temperature becomes cold and windy, “How will I stay warm?” And if the weather is wet, “How will I stay dry?” As a general rule, with the exception of travel clothing and 1-2 cotton t-shirts, all layers/clothing should be “NON-COTTON”! Clothing should be made of synthetic, polyester, and/or nylon materials. These fabrics are lightweight, quick drying, and insulating (even when wet).

PLEASE PACK ALL ITEMS IN A LARGE DUFFLE BAG. WE WILL REPACK INTO DRYBAGS UPON ARRIVAL.

If necessary, CALVIN COLLEGE provides the following equipment at no charge:

○ Synthetic Sleeping Bags-20 degree
○ Ridgerest Sleeping Pads (Regular Length)
○ 20 liter Dry Bags

Upper Body Layers
__2 Short sleeve Synthetic t-shirts
__2 Cotton T-Shirts
__1 Synthetic Long sleeve mid-weight shirt
__1 Synthetic Fleece/insulating jacket
__1 Waterproof/Breathable Rain jacket – i.e. Marmot Precip or North Face Resolve (no ponchos)
(women) 2 Sports bras – wide strap/flat seam/ridge less (thin and ridged straps create discomfort with personal flotation devices)

Lower Body Layers
__1 pair Synthetic Mid-weight long underwear/leggings
__1 Synthetic pant (athletic warm ups)
__2 Nylon quick dry shorts
__4-5 underwear – quick dry
__Swimsuit – light and quick dry
__4 Pair Synthetic or synthetic/wool blend socks

Head Layers
__Sun/baseball hat
__Lightweight Fleece or wool hat

Sleeping Gear
__20-35 degree Sleeping Bag (lightweight synthetic or down)
__Insulated Sleeping Pad (Ridgerest or Therma-rest with repair kit)

Hydration, Eating, and Food Storage
__Lexan Spoon
__3 - 1 liter empty bottles – i.e. Nalgene or other durable leak free 1 liter Bottles
**Miscellaneous Items**
- Screw Top Plastic Tupperware Bowl - Glad – 2.5 cup (S) or 4 cup (M) Lockware
- 16 oz. Insulating Mug (lightweight) – i.e. GSI Infinity Mug

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<thead>
<tr>
<th>Stuff sacks/Large 2 gal. Ziplocks for organizing</th>
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<tr>
<td>2 large heavy plastic trash bags for dirty clothes and Duffels to assist with keeping all items dry</td>
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<td>1 Travel Outfit for the van ride</td>
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<td>Crazy Creek Style Chair (optional)</td>
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**Footwear**

**Paddling Trips:**
- Camp Shoes (Light Closed Toe Tennis Shoes)
- Chaco like sandals, Keen’s, or Neoprene Water Shoes for Paddling - NO FLIP FLOPS; must include heal strap

**Hygiene Items: (lightweight Travel Size)**
- toothbrush
- travel toothpaste
- small contact solution – 2 to 4 oz. depending on personal use
- 2 contact cases
- Extra Contact Lenses
- comb
- women’s hygiene kit
- quick dry towel/shammy – No COTTON
- biodegradable soap - Dr.Bronners – 4 oz.
- Hand Sanitizer (small travel size) – 2 oz.
- Wetwipes (Travel Size)
- Travel Size Shampoo/Conditioner/Body Soap

**Essential Bag Items**
- Personal Medications
- 10-13 liter Waterproof Bag- Sea to Summit Lightweight Dry Sack – for personal items
- Small Knife or Multi-tool – for helping with food prep
- Small/Light Bible – Pocket Size (i.e. NIV Pocket Thin New Testament with Proverbs and Psalms)
- Personal Lightweight Paperback Book
- Journal - i.e. Lightweight Pocket Size
- 2 Pens
- Sunscreen (30 SPF) – 8 oz. Bottle
- Sunglasses w/case
- 1 cotton bandanna
- Prescription glasses
- Headlamp (Petzl Tikka/Black Diamond Spot)
- Extra batteries for headlamp
- 2 Disposable lighters
- Insect repellant (30% deet) i.e. Ben’s 1.25 oz.
- Med Card/Insurance Card/Driver’s License
- Camera
- BIRTH CERTIFICATE/PASSPORT (All Canada Trips)
- $50 Cash for Road Meals