



## WHAT TO WEAR / PACK FOR ...

### CANOEING, KAYAKING AND SUP

- Appropriate clothing for paddling. T-shirt or tank top (preferably not cotton as it will make you cold if you get wet).
- Shorts or quick-dry pants.
- Sandals or shoes that can get wet. **YOUR FEET AND ANKLES WILL GET WET.**
- Sun hat, sunglasses, and sunscreen.
- Wind breaking or rain jacket and a light sweater if it's a cooler day.
- Having a towel and spare set of clothing in your car is a good idea.
  
- SUP Lessons: Wetsuits are provided, so appropriate clothing for changing on the beach (i.e. swimsuit, etc)

### MOUNTAIN BIKING

- T-shirt or long sleeves and shorts/pants depending on the weather.
- Wind breaking or rain jacket and a light sweater if it's a cooler day
- Running shoes or similar (must be close-toed).
- Small day pack with water, snacks, personal items, etc.
- Sunglasses, and sunscreen.

### HIKING

- Dress in layers: a base layer, insulation layer, and wind layer are ideal at higher altitudes, even in the Summer. Temperatures will drop as we hike higher, so having something warm to put on and block the wind is a good idea.
- Wool or synthetic hiking socks and sturdy hiking boots or running shoes.
- Small day pack with water, snacks, personal items, etc.
- Sunglasses, a hat, and sunscreen.

Please save the Earth a plastic bottle and bring your re-usable water bottles.

Thanks!