

- **Paddle Board**
- Paddle
- Extra Paddle
- Fin (with pins and tools)
- Extra Fin
- Board Leash
- Hand Pump (inflatable)
- Repair Kit (inflatable)
- PDF Personal Floation Device
- Straps & Bungees
- Nylon Rope
- Deck Light
- **Dry Bags**
- 1-60 Liter Main Bag
- 3-30 Liter Bags
- 3-10 Liter Bags
- Waterproof Fanny Pack
- **Tent & Sleeping System**
- Tent or Tarp
- Hammock
- Sleeping Bag
- Sleeping Pad
- Pillow
- Small Tent Lantern
- **Clothing (no cotton)**
- Shorts (quick dry)
- Tee Shirt (wicking)
- Water Sandals, Water Shoes
- Underwear (wicking)
- Long Sleeve Pants (quick dry)
- Long Sleeve Shirt (quick dry)
- Lightweight Hiking Shoes
- Sun Hat/Warm Hat
- Lightweight Baklava (wicking)
- Socks (synthetic)
- Fleece Jacket
- Fleece Pants
- Down Jacket
- Rainjacket/windblocker
- Full Wetsuit
- Neoprene Top & Pants
- Neoprene Booties
- Neoprene Gloves
- **Kitchen**
- Water Filter
- Water Bottles
- Cook Stove
- Stove Repair Kit
- Fuel
- Spoon/Spork
- Cooking Pots
- Cup
- Food/Meals/Snacks
- Coffee/Tea
- Vitamins
- Lighter
- Fire Starter
- Lightweight Campfire Grill
- Swiss Army Knife
- Fishing Gear & License
- Small Quick-Dry Towel
- Biodegradable Soap
- Bear Canister or Food Hang-Bag
- **Navigation & Emergency**
- Waterproof Map
- Compass
- GPS Device
- NOAA Marine Radio
- 2 Way VHF Marine Radio
- Personal Locator Beacon
- First Aid Kit
- Fire Starter
- Mylar Emergency Blanket
- Waterproof Matches
- Two itineraries: 1 left with friend + 1 under car
- Seat
- Safety Whistle
- Signal Mirror
- Marine Flares
- **Personal Items**
- Polarized Sunglasses
- Hand Sanitizer
- Toothbrush/paste
- Quick Dry Towel
- Biodegradable Soap
- Sanitation Trowel
- Toilet paper/wipes and seal-able bag
- Menstrual Products
- Prescription Medications
- Prescription glasses
- Sunscreen
- SPF-rated lip balm
- Insect repellent
- Urinary products
- Blister treatment supplies
- Bug Head Net
- **Miscellaneous**
- Head Lamp
- Knife or Multi-Tool
- Duct Tape
- Bear Spray
- Extra Batteries
- Lightweight saw/hatchet
- Camera/GoPro (extra memory cards)
- Field guide(s)
- Reading paperback
- Star chart/night-sky identifier
- Outdoor journal with pen/pencil
- Cards
- Binoculars
- Permits
- Car keys
- Cell phone
- ID
- Credit Card/Cash
- Swim Fins
- Snorkel Mask