

### NOWWHAT ADVENTURES PACKING LIST FOR ASHUAPMUSHUAN RIVER

	Item	Notes
<b>CLOTHING</b>		
1	Bathing Suit	
1	T-shirt	
1	Water shirt	Quick-dry, short-sleeve shirt for wearing on the water
1	Long-sleeve sun and bug shirt	Quick dry, lightweight, shirt or hoody
1	Quick-dry pants	Lightweight and comfortable, for everyday wearing on and off the water
1	Shorts	Pair of quick-drying lightweight shorts
1	Rain Coat	Waterproof raincoat with hood, large enough to fit over your warm layers
1	Rain Pants	Waterproof rain pants
2	Long Underwear	Mid-weight long underwear top and bottom, wool blends are the warmest, most comfortable and don't retain body odors
1-2	Sweater	Midweight thermal layer
1	Warm Jacket	Lightweight down or synthetic puffy coat
2	Wool socks	
1	Warm hat	
1	Gloves	Mid-weight warm gloves for cold mornings
1	Sun Hat	
	Underwear	As many as you need
<b>FOOTWEAR</b>		
1	Sandals	Watersports sandals, such as Chacos or Bedrock
1	Rubber Boots or hiking shoes	Your everyday rain boots are most practical or, if you don't own a pair, waterproof hiking shoes.
<b>EQUIPMENT AND SUPPLIES</b>		
1	Water Bottle	
1	Headlamp	USB-rechargeable to save on battery waste
1	Sleeping bag	Rated to 15 - 20 degrees
1	Sleeping pad	Lightweight and compact foam or inflatable
1	Tooth brush and tooth paste	
1	Bandana	
<b>OPTIONAL ITEMS</b>		
1	Hair brush or comb	
1	Sunblock	
1	Sun Glasses	
1	Journal and writing utensils	
1	Camera	

**Notes:** If you need to purchase equipment, consider supporting reputable B-Corp certified companies, to ensure fair labor and environmental practices. In addition, please consider used equipment sources, such as Patagonia Worn Wear or Outdoor Gear Exchange in Burlington, VT.

You will be able to wash(in the river) and (sometimes) dry(on the clothesline) your clothing during the trip.

If you have your own paddling equipment, such as a life jacket, water shoes, or dry bag, you are welcome to bring them along