



WHITTE WATER CANOE GEAR LIST:

Clothing

- Wet Suits or Dry Suits (we will be in the water each day). We have wet suits for rent, \$15 for the course.
- Paddling Jacket or shell if you are paddling in a wet suit
- Warm Jacket / Warm Pants (fleece, wool, NO COTTON!)
 - Recommend a “wicking layer” under warm clothing
 - This is for both Wet or Dry suits
- Foot wear: water shoes, sandals or old runners with neoprene socks
- Helmet (bike, climbing, or white water)
- **Full change of warm clothing**

Food

- Water (you should bring 1.5 Litter for our day paddle)
- Thermos with hot liquid (stay away from caffeine)
- Snacks
- Lunch

Personal Supplies

- Hat
- Sun block
- Sun glasses
- Any medication

Gear (If you are looking, Western Canoeing and Kayaking has a great selection of paddling gear and Valhala Pure has everything else!)

- Dry bag for your gear and lunch
- PFD and Paddle (only if you would like to use your own)
- **Keep electronic equipment in a waterproof container (Ziploc bag)**

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