

Lost Creek Adventures

Paddling Day Trip Packing List

No matter the weather, you will get damp on your trip. The best water-wear is non-cotton quick-dry, unless it's hot out, (rare:) then cotton is great!

The following are given as thoughts on what you may want to bring, **with items in BOLD highly recommended**. We will supply you with a wetsuit if needed or if you would like one. Items with a * are those that we sell at our shop.

- **Bathing suit** (you can wear it under your wetsuit too)
- **Sunglasses***
- **Hat(s) for sun and rain**
- **Sunscreen***
- **Reusable Water bottle*** Sure you can buy bottled water somewhere, (We don't sell it) but save the trash and go reusable. Thanks!
- **Raingear*/windbreaker:** waterproof jacket helps against splash.
- **Shirt:** long sleeve quick-dry is good for sun protection and is warmer when wet.
- **Camera** (Bring a waterproof camera bag* or plastic container)
 - We sell **waterproof phone cases*** and **waterproof dry-bags*** in the shop.
- **Food/snacks** in plastic bag or container
- **Paddling Gloves:** bike gloves are good for blister/sun protection; neoprene for cold weather trips*
- **Daypack** for our [Sand Island In A Day](#) trip where there may be a short hike.
- **Pants:** If it's sunny or cold you may want to consider quick dry pants
- **Warm wool or fleece jacket** (E.g. August is usually warm, but it can get down in to the 40's)
- **Quick dry towel**
- **Water shoes:** good fitting sport sandals or any shoe with grip - not flip-flops! During warmer days barefoot may be O.K.
- **Medications** (report use to trip leader)
- **Binoculars**
- **Insect repellent:** it's not usually buggy here, but if you are the group bug-magnet...*
- **Tips/money:** Your trip is all-inclusive, but you may wish to consider a gratuity for your guides. We also have some books, local souvenirs and t-shirts/gear for sale.

Other thoughts on how and what to pack

- Cotton clothing will be damp and uncomfortable for kayaking unless the air temperature is hot, which is not normally the case on Lake Superior.
- Synthetic fleece or wool provide warmth even when wet, especially when combined with a wind/rain shell.
- Stay hydrated and you will be more energetic and happier. We lose more fluids in the sunshine and during exercise than you may be aware of.