

2020 NOVA PACKING LIST

Sea travel is all about paring down to the essentials. Campers are challenged to take only what they can carry in their boat and learn to live simply with only the basic necessities. Please read this list carefully and follow our recommendations.

Campers should pack everything into a large duffel bag. Participants will be leaving a selection of their gear at the boat house during different portions of the trip as not all gear is needed for all portions. It can be nice to have an outfit they keep clean in this bag that they can wear during transition days (this could be the same outfit as the town outfit).

Please do not include anything that is not on this list—we will be moving a lot and cramming everything into small spaces. Excess stuff is a hassle! Your camper will have the opportunity to do laundry a few times throughout the trip.

PASSPORT – IF YOU ALREADY HAVE A PASSPORT, PLEASE CHECK THE EXPIRATION DATE AND IF YOU DO NOT HAVE ONE, PLEASE APPLY NOW!!

FOR USE ON ACTIVE PORTIONS OF THE TRIP:

REQUIRED ITEMS	#Needed	Notes	#packed
Sports Bras	2		
Underwear	6-8	Quick Dry synthetic underwear comes in all styles. 2-4 cotton pairs are nice for sleeping in.	
Quick-Dry T-Shirts	2	No tank tops, all shirts must have shoulders for sun protection please	
Quick-Dry Shorts	3		
Lightweight Long Underwear	2 sets	tops & bottoms- for sleeping and active use on chilly days	
Fleece Pants	1	No sweatpants. For a warm layers at camp after a day of paddling.	
Heavy Fleece Top	1	NO sweatshirts	
Mid-Weight fleece top	1		
Quick-Dry Pants	1		
Really Good Raincoat	1	breathable with a hood; big enough to layer (Mid range rain gear from LL Bean, REI, etc). You should test waterproofs in the shower to ensure there are no leaks and that they can withstand heavy rain	
Rain Pants	1	NO track pants/windbreaker pants- real rain pants! You should test waterproofs in the shower to ensure there are no leaks and that they can withstand heavy rain	
Lightweight Dress/Town Outfit (optional)	1	May be cotton.	
Bathing Suits	2	1 one-piece and 1 two-piece (same swim suit guidelines as in camp, need to be able to be active and move around with good coverage)	
Long-sleeve Quick-Dry Shirt or Rash Guard	1	ESSENTIAL for sun protection and rash guarding. If possible uv proof/ spf clothing	
Warm Hiking Socks	4	wool	
Active Socks that fit into sneakers	2	Can be cotton will be used for sleeping, in camp use, or working on the island.	

Sneakers	1		
Water Shoes	1	keen type - closed toe is ideal. NOTE: no flip-flops, no crocs and no cacos- they are very slippery and can cause blisters when wet	
Warm Hat	1	Should be wool or fleece	
Mittens/Gloves	1	warm pair of wool or fleece	
Rowing Gloves	1	Cycling gloves or gardening gloves with rubber grips (still no cotton) are good alternatives to rowing gloves	
Headlamp	1	with many extra batteries, preferably with red light setting for bugs and changing shifts on night watch	
Bandanas	2	Very useful throughout the trip	
Sunglasses w/case & strap	2	Eye protection is a must on the water.	
Sunhat	1	ESSENTIAL with brim all the way around—make sure you like it because you wear it often.	
Baseball Hat	1	optional	
Quick-Dry Towel	1	Your camper will want it big enough to wrap around her waist and cover front and back. If possible try to feel the towel before buying it. Some microfiber towels are not quick drying and these often feel fluffy or plush.	
Daypack	1		
Heavy-Duty Water Bottles	2	32 oz nalgene-type preferred	
Sleeping Bag	1	Compressibility is super important, the smaller the better. Synthetic fill, NO DOWN, we recommend a 30-32°F (-10-0°C) temperature rating	
Compression Stuff Sack	1	for sleeping bag: Must compress to a size no bigger than 15 L, again the smaller the better. Waterproof compression stuff sacks are available such as Sea to Summit Ultra-Sil Compression Dry Sack.	
Sleeping Pad	1	A closed cell ¾" full body length pad provides good insulation. We recommend the Thermarest Zlite. There are also many open cell (blow-up) options on the market that offer added comfort. Note there is always a risk of these popping/getting wet and you should bring a patch kit as well.	
Journal/Stationery/Cards/Book		*A note about books and summer reading: campers should plan to complete any summer reading assignments before or after the trip.	
Sunscreen	3+ large tubes	SPF lotion, not spray, minimum SPF 30, face sunscreen is additional to this number SPF 50+ is recommended. A lip balm with SPF is essential	
Bug Repellent		lotion, not spray, maximum 30% deet as this can damage our equipment	
Bug Head Net	1	Should be black fly proof	
Dry Bags	5 total: 2 20L 1 15L 1 10, 1 5L	These are waterproof stuff sacks are what your camper will be packing all of her stuff in for the sea kayaking portion-they MUST be waterproof - preferably with a folding top and NO drawstring closures. smallish stuff-sacks, of varying colors and sizes (these are really important because your camper will waterproof them and use them to organize all of their stuff for the entirety of the trip)	
Toiletries		Keep it simple and travel size! Toothbrush, toothpaste, lip balm with SPF, tampons/pads, hairbrush, contacts, etc.	
Large Duffel Bag	1		

FOR USE IN CAMP

You will be able to store a small duffel bag of clothes for use before and after the trip. Your only other luggage should be your backpack.

- 1 small duffel bag
- 1 pair ALC blue shorts
- 1 ALC white shirt
- 1 ALC blue shirt
- 1 ALC Sweatshirt
- 1 Pair of Jeans
- 2 pair cotton underwear
- 1 bra
- 1 bath towel

CLOTHING: DO NOT BRING COTTON. When cotton gets damp/sweaty/wet it becomes heavy and takes forever to dry and has no insulating properties, which can cause hypothermia. There are many brands of synthetic/quick dry clothing on the market at various price points. Options from Walmart/Amazon/Goodwill work just as well as name brands like Patagonia and Northface.

SPENDING MONEY: \$125 in spending money - campers will exchange their money in Canada