Odyssey Equipment List

Everything on this list is REQUIRED in order to participate in this program. If you have any questions concerning any of these items, don’t hesitate to call.

**Please note: Due to the activities that you will be engaged with during the Kayake trip, certain clothing items, as well as sleeping bags, should be synthetic, with wool as an acceptable second, and not cotton. These items are marked with the "#" sign.

Required Items:
- # Sleeping bag (Stuffed either in a “dry” bag or double garbage bagged)
- Sleeping Pad (closed cell foam, Ensolite or Themarest type)
- pillow
- #4 pair lightweight socks (not cotton)
- 4 pair lightweight socks (cotton Ok)
- 1 pair of heavy wool socks
- # 1 pair of long underwear tops and bottoms
- 4 to 5 Under garments
- 4 or 5 T-shirts
- 1 or 2 pairs loose fitting pants
- 3 or 4 pairs of shorts
- belt
- Swimsuits (more than one)
- 2 or 3 towels
- # Heavy sweater or jacket
- Rain coat or poncho (coated nylon or Gore-tex preferred)
- 1 Pair of nylon wind pants or rain pants (loose fitting)
- Windbreaker (shell)
- Hiking boots (broken in)
- 1 pair of sneakers
- Water Shoes (closed toe preferred)
- Insect repellant
- Flashlight
- sunglasses
- Water Bottle
- Sun block
- Hat with visor
- Day pack (small pack to carry lunch, rain gear, etc.)
- Toiletries (toothbrush/paste, soep, etc.)

Optional items:
Camera, ski hat(lightweight), mittens or gloves (lightweight and synthetic), sweat pants, pen and paper, small musical instrument, etc.

You will probably notice the emphasis on warm clothing on the list. In general terms, what this indicates is that even in August, the weather in the Adirondacks can be cold...especially in the mountains. Bringing everything on the list will help make this trip both comfortable and safe.