

Sea Kayaking Grecian Islands Adventures in Good Company's suggested packing list

Please pay attention to the allowable size of personal trip gear as space in the boats is limited. Gear is stored under a hatch on the zodiac boat, so it is well protected from getting wet. **We recommend packing gear into 2 medium-sized duffle bags, as any extra gear will be left with our outfitter in one bag and the other will carry your gear for the kayaking portion of the trip.** Don't bother buying fancy new gear for your trip. Comfortable clothes and used gear is best for saltwater camping.

PACKING AND SLEEPING GEAR **can borrow from Greece outfitters

- sleeping bag rated warm to 40^o F **: nylon shell with hollofill, polarguard, or other synthetic fill
- compression stuff sack for sleeping bag: Line the **inside** of the stuff sac with a large garbage bag.
- 1 sleeping pad **: "closed cell" foam pad, Thermarest self-inflating pad, or Ridge Rest pad

CLOTHING

- 1-2 pair lightweight pants: (Supplex, or nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeved shirt – one button up or rash shirt is recommended for sun/getting wet while paddling
- 1 lightweight fleece jacket (optional, but can double as a pillow)
- 1 raincoat with hood
- 3 pair socks: wool or synthetic equivalent
- 2-3 pairs of shorts: Quick drying nylon is recommended for at least one pair
- 2-3 t-shirts (cotton okay for this layer, though synthetic is preferable, since this layer may get wet. One can be a tanktop)
- 1 pair sturdy walking shoes: light boots, athletic shoes
- 1 pair river shoes, aqua socks, or dive booties for loading and unloading kayaks in water.
- 1 wide-brimmed hat or baseball cap, for rain, sun and high fashion
- underwear
- bathing suit
- clothes for Athens, skirt/casual clothes for wearing to dinner or in camp (some women prefer skirts)

ESSENTIALS

- Passport, and one xeroxed copy**
- bandanna
- headlamp and extra batteries
- sunscreen and lip protection with an SPF of 30 or greater
- 1 day-pack – to keep personal gear in kayak: sunscreen, camera, jacket, snacks. Line with a plastic bag, as this will get wet. A dry bag will work for this, but you also need something for when we take hikes or walk into towns.
- insect repellent (small and optional)
- sunglasses with case and retention strap

TOILETRIES (small everything)

- medium sized towel (like a PakTowl)
- small amount of toilet paper; tampons or pads in ziplock bags
- biodegradable soap (not Dr. Bronners), toothbrush, paste, dental floss, lotion, extra contact lenses/glasses. Please minimize the amount of lotions, shampoo and soap you bring.
- personal "patch kit": bandaids, moleskin, ibuprofen, seasick medication (if tendency to motion sickness), immodium, and personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician.

OPTIONAL PERSONAL GEAR

- binoculars
- pocket knife
- journal and pen
- waterproof camera bag
- camera, film/memory cards and extra batteries
- your favorite snack (we will also provide group snacks periodically during the day)
- small nylon or mesh stuff sacks and extra ziplock bags for organizing your personal gear
- ear plugs (for a good night's sleep)
- compass
- extra sunglasses
- camp chair (Crazy Creek type)
- book
- watch: water resistant
- gloves for paddling

Pack your clothes in plastic bags. Putting your clothes and gear in small, colored stuff sacks, lined with plastic bags, makes finding the items you are looking for easier. Please call us if you have any questions.