



Rippleffect

LEADERSHIP THROUGH ADVENTURE

Senior Quest Gear List: Ocean Quest

We would like you to be prepared with gear that will keep you safe and comfortable on your sea kayaking adventure. All items on the list are important and should be brought to the program. *Please let us know in advance if you cannot provide some of these items – we have a limited amount of equipment and clothing to loan out.*

Please Bring:

- 1 Warm Wool Sweater or Polar Fleece
- 1 Warm Hat, Wool or Fleece
- 1-2 pair long underwear bottoms
- 1-2 Pairs of Pants (Nylon or Synthetic)
- 1 Nylon or Synthetic Swim Trunks or Bathing Suit
- 2 long sleeve "base layer" shirts (preferably non-cotton)
- 3-4 Pairs of Socks (Synthetic, Wool, or Smartwool)
- 1-2 Pairs of Comfortable Shorts
- 1-2 Short sleeve shirts
- Extra underwear
- Sleeping attire
- Rain Gear - jacket and pants
- Mid to heavy weight jacket
- Sunscreen and chapstick (sunlight reflects off the water - use SPF 30 or higher!)
- Sunglasses with strap
- Baseball Hat or Sun Hat
- Water Shoes – close toed shoes only, please (Crocs work fine)
- 1 pair of comfortable shoes for evenings – close toed shoes only, please
- Any medications you will need for the duration of the program, labeled please!
- If you wear glasses, please bring a strap
- Toothbrush and toothpaste
- Sleeping Bag & Sleeping Pad
- 2 Large Water Bottles (any clean, recycled soda bottle would work)
- Flashlight or headlamp with extra batteries
- Camp bowl, spoon and insulated mug, *no plates!*
- Compactor or Trash Bags, and ziplock bags (to waterproof items)
- Journal and pen

Optional Gear, but Helpful to Have:

- Watch
- Small dry bags
- Paddling gloves
- Camera (disposable only! No digital cameras are permitted)
- Small towel
- Bandanna

The DO NOT Bring List:

- Flip flops or open-toed shoes
- Revealing clothing
- Any electronic equipment: cell phones, video games, toys, radios, iPods or digital cameras
- Cigarettes, Alcohol, Drugs, or weapons (this includes knives)



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→ Remember that you are responsible for carrying your own gear, so please pack only what you can carry. We suggest duffle bags, backpacks, or dry bags to hold your belongings.

→ ****PLEASE LIMIT YOUR COTTON CLOTHING!** Cotton/jeans takes a very long time to dry and does not retain its warming properties when wet. Polyester, synthetics, nylon, fleece, and wool are all great options. Students can bring cotton clothing to change into at the end of the day.**