



## Mendocino Shared Expedition Equipment List

### **Paddling Attire:**

- Pants or shorts (synthetic material is best)
- T-shirt or long sleeve shirt (synthetic material is best)
- Wool or fleece sweaters
- Shoes that can get wet and will stay on feet (old tennis shoes, sport sandals, wetsuit booties)
- Baseball cap or visor
- Warm hat (synthetic or wool)
- Sunglasses (with retention strap)

### **On Land/Evening Attire:**

- Two pairs of clothing for evenings
- Dry shoes (good for hiking/walking)
- Warm jacket

### **Other Personal Items:**

- Sunscreen
- Lip balm with sun protection (SPF)
- Water bottle with secure lid
- Small towel
- Small flashlight
- Toiletry items
- Prescription medications (if you take any)
- Prescription eyeglasses (if you have them)
- Sleeping bag (mummy style is preferable)

### **Optional Accessories:**

- Camera
- Binoculars
- Small Games
- Games or cards
- Musical instruments
- Book

### **Important Notes:**

- *Weather can be highly variable and evenings can be cold. Please be prepared for both warm and cold weather.*