



PIRATE QUEEN PADDLING GEAR LIST

Pirate Queen Paddling will supply all of the technical equipment needed for your "Escape," including boats, paddles, PFD's, tents, sleeping bags, sleeping pads, meals, etc. By using our quality gear, you and your crew members will be on equal footing during the course of your adventure. Because our travel areas are characterized by unpredictable weather, appropriate clothing for various situations is important. Synthetic clothing refers to polyester, polypropylene, Capilene™, fleece, or wool. Please remember that you can find these items at outdoor stores, Army/Navy surplus, or mail order catalogs. This list has been compiled from years of experience in water environments and will be further discussed/explained during our pre-trip meeting.

Accessible Personal Gear:

- ❑ Sun glasses—with a "croakie strap"
- ❑ Sun block--waterproof SPF 30+
- ❑ Waterproof lip balm with sunblock
- ❑ 2 plastic water bottles (32oz Gatorade™ bottles work great)
- ❑ Bug repellent—1 plastic bottle, NO aerosol
- ❑ Baseball cap or 360° wide brim hat

Clothing:

- ❑ Light weight synthetic long sleeve shirt (for sun and bug protection)
- ❑ Rain jacket with hood (can serve as windbreaker) and rain pants
- ❑ 2 T-shirts
- ❑ 2 pairs of shorts (quick drying, synthetic)
- ❑ sports/jog bra
- ❑ 1 pair loose fitting nylon/synthetic pants (NO jeans)
- ❑ 1 pair lightweight socks (synthetic or wool)
- ❑ 1 synthetic fleece jacket or wool sweater
- ❑ 1 pair sport sandals (no flip flops)
- ❑ 1 pair old sneakers or water shoes with hard bottoms

Gear:

- bowl (can be Tupperware), mug, and spoon
- 1 duffel bag for travel to/from trip start
- 1 head-lamp, LED preferred, with a spare set of batteries
OR 1 small waterproof flashlight with spare batteries
- 1 bandana
- 1 toothbrush and small tube of toothpaste
- 1 old flat sheet
- Medicated talc powder or UNScented talc powder (small bottle)

Optional Gear:

- Mosquito head net
- Crazy Creek™ style chair
- Camelbak™ or Platypus™ style water pouch with bite valve
- 1 folding pocket knife with can opener
- Sarong
- 1 disposable waterproof camera
- Binoculars
- Book you've been wanting to read or journal
- Swimming suit
- Towel
- Your favorite comfort snack
- Comfortable clothes to drive home in
- Small dry bag (NRS, Seal Line, Seattle Sports, etc.)

Notes:

- IMPORTANT:** Bring ALL prescription medication
- If you wear contacts or prescription glasses, you may want to bring an extra pair of glasses in a hard case. Some people find contacts uncomfortable due to sand, wind, salt, or sun exposure. Make sure to wear a retaining strap on glasses at all times; they don't float!
- NO aerosol bug products due to risk of allergic reaction by other members of the group
- Sunscreen should be less than a year old--UV protectors are diminished with the age of the product.
- Do NOT bring items that are irreplaceable, valuable, or water intolerant (jewelry, photos, etc.)
- Do NOT bring anything with a fragrance (If it smells good to you, 200,000 bugs are sure to agree!)

PIRATE QUEEN PADDLING

PO Box 697, Oriental, NC, 28571
phone: 252-670-8465

web: www.piratequeenpaddling.com

email: info@piratequeenpaddling.com