

## CLOTHING LIST FOR PADDLE TRIPS:

If any questions, please call NW Discoveries at 503-524-9192.

On trip date, guide will have cell phone 503-805-3937, that you can call if you cannot find them.

*We paddle rain or shine, so come prepared to enjoy yourself*

Weather can change quickly, so bring everything on the list. Unnecessary items can be left in your vehicle.

- If cold weather (avoid cotton), wear synthetics, polypropylene, capilene, wool, etc, so you will stay warm if wet.
- For canoe trips, optional knee pads or spare towel (knee pads recommended for moving water canoe trips)
- A complete change of dry clothes, shoes to be left in vehicle
- Heavy duty garbage bag to keep clothes dry
- Sweater, or heavy shirt
- Wide brimmed hat
- Sunglasses with strap
- Snack food
- Meal if trip goes over mealtime
- Wear synthetic shorts/swimsuit/pants that dry quickly
- Flashlight for evening tour/class
- Large beach towel for seat padding
- Leave all rings, jewelry, non-waterproof watches, wallet, etc. at home or have a safe place in your car.**
- Rain jacket and pants or poncho
- Sunscreen & Lip protection
- Drinking Water (1 qt. min.)
- Strap for prescription eyeglasses
- Ziplock bag for small valuables-wallets, keys
- Shoe/sandals with heel strap that can get wet
- Paddling gloves if tender hands (bike gloves work well)
- Small hand towel for back support

**MEET LOCATION DIRECTIONS** ((Also use area map; ([www.mapquest.com](http://www.mapquest.com) address)). Not all meet locations have bathrooms. *R=right, L=left*) *If lost or late on trip date call cell phone number at **503-524-9192**.*

*Meet location tab at [www.nwdiscoveries.com](http://www.nwdiscoveries.com)*