

## **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
- Sunglasses (with retention strap)
- Warm hat

## **Other Personal Items:**

- Sunscreen
- Lip balm with sun protection (SPF)
- Reusable water bottle with secure lid
- Change of clothes for dinner
- Flashlight or headlamp

## **Optional Accessories:**

- Camera
- Binoculars

## **Items Not to Bring:**

- Electronics (including cell phones)
- Expensive watches and jewelry

ETC will provide waterproof bags for each boat pair to transport belongings and a change of clothes to and from the restaurant

Weather on San Francisco Bay is highly variable. Please be prepared for both warm and cold weather.