

Beyond the Map

PACKING FOR KAUAI

➤ Guide 101



PACKING LIST

PACK SMART, NOT MORE



IMPORTANT NOTES

We totally get it, the uncertainty of a new place can make packing difficult- you want to be prepared but you also want the ease of less stuff. Lucky for you, we've perfected this packing list and advise you to avoid packing anything not listed here. That being said, we're each different and so are our needs and willingness to go without something. If there's something not listed that you're considering, simply send us a quick message and we can provide more insight. If you are not sure what any of the gear items are, please ask us or your nearest outdoor retailer. For the sake of your own comfort and safety, we want you to be as prepared as possible for your trip!

ESSENTIAL TRAVEL DOCUMENTS

- ☐ **Passport or ID, Trip Waivers, Medical Documents**
 - Store important documents in a waterproof or ziplock bag
 - A printed or electronic copy is advised
- ☐ **Spending money**
 - Cash or credit cards can be used throughout the trip (be sure to contact credit cards)
 - Most travelers bring \$100-\$200 USD depending on spending habits

GEAR RENTAL

Items marked with an asterisk (*) are available for rent from us. If you would like to rent any of these items, please request them at least four weeks in advance. Available until supplies lasts.

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GEAR LIST: ESSENTIAL ITEMS

- ☐ ***Backpack** (40-70 litre backpack)
- ☐ ***Waterproof bag cover** (to keep your bag dry during rain)
- ☐ ***Tent/hammock & tarp** (backpacking tents recommended for smaller footprint)
- ☐ ***Sleeping bag** (depending on the season, forecast and personal preference, we recommend a 3 season sleeping bag rating of 15°F - 32°F)
- ☐ ***Sleeping pad** (for insulation from the ground)
- ☐ **Waterproof raincoat**
- ☐ **Hiking boots/trail runners** (shoes vary greatly depending on preference and comfort. If buying new, please wear them ahead of time to break them in and assess the comfort)
- ☐ **Hiking socks** (2 sets of long, non-cotton warm weather socks)
- ☐ **Hiking clothes** (1 or 2 sets. Non-cotton shirts, lightweight shorts/pants)
- ☐ **Flannel/fleece jacket** (useful in the evenings when it cools down)
- ☐ ***Water Filtration** (tablets at minimum but a filter is recommended- we will also have backups)
- ☐ ***Water bladder/water bottle** (1-2 litres capacity is good)
- ☐ ***Headlamp & spare batteries**
- ☐ **Ball cap** (for sun)
- ☐ **Sunglasses** (we also use **croakies** with our glasses for convenience)
- ☐ **Bathing suit** (two sets recommended)
- ☐ **Travel towel** (or small packable towel)
- ☐ **Sunscreen** (reef safe required) & **insect repellent** (SPF clothing is always the best bet)
- ☐ **Personal toiletries** (toilet paper, toothbrush/paste, soap, hand sanitizer, anti-chafing cream, etc)
- ☐ **Plastic bags/stuff sacs** (handy for keeping dirty/wet clothes separate)
- ☐ **Daypack/Duffel Bag** (useful for stowing items not being used- please avoid wheeled suitcases)
- ☐ **Dinner Outfit** (atleast one set for luau dinner)
- ☐ **Evening/sleeping clothes** (2 sets: one for backpacking and other for remainder of trip)
- ☐ **Casual footwear** (crocs, sandals, tevas- something light to wear around camp)

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GEAR LIST: OPTIONAL ITEMS

- ☐ ***Dry Bag** (for electronics and important documents)
- ☐ **Energy snacks & drinks** (some snacks will be provided, but we recommend bringing any energy supplements. We recommend Nuun for your water and Cliff/Stinger energy gel packets)
- ☐ ***Camp pillow** (nice lux item but we recommend a stuff sack full of clothes instead)
- ☐ ***Trekking poles** (1 or 2 trekking poles makes a HUGE difference to save your knees and energy)
- ☐ **iPod/mp3 Player** (we recommend enjoying the sights and sounds without electronics but it is also nice to listen to music or a podcast during long stretches of hiking or before bed)
- ☐ **Ear plugs** (useful for light sleepers)
- ☐ **Rain pants** (we usually avoid these in warm climates and opt to get wet and dry shorts later)
- ☐ **Mileage/mapping App** (we recommend Relive)
- ☐ **Bandana/Buff** (all around purpose to have)
- ☐ **Carabiner** (1 or 2 for strapping camp shoes etc to backpack)
- ☐ **Snorkeling Gear** (will be rented during scheduled activities but having your own is nice for casual use while at the beach)
- ☐ **Camera, memory cards, and batteries or charger**
- ☐ **Personal first aid** (we carry one as well but if you prefer to have your own we recommend including blister treatment (leuko tape/mole skin), pain meds, anti-chafing cream)



We encourage supporting local communities. Because of that, each person on this trip is awarded a \$50 credit at 3 Rivers Outdoor Company. Simply visit the store, give them your name and enjoy! Expires after trip dates.

NOTES FOR YOURSELF: