



DELAWARE RIVER SOJOURN PACKING LIST

General:

- GPS (car)
- Maps (road, river-optional)
- Reservation/trip info (printed-out Day Plans)
- Phone/watch/laptop chargers, cords, and/or power pack (some campsites have limited electrical outlets available, but most charging will have to be in your vehicle. Also, wifi/cell svc can be very spotty in places.)

Camp gear/supplies:

- Ground cloths/tarps: waterproof, for tent x 2 (one for inside tent floor, one for underneath tent)
- Pillow
- Sleeping bag or bedroll/sheets & blankets
- Sleeping pad
- Tent with waterproof fly
- Mallet or hammer for tent stakes
- Small (solar) LED light/lantern for inside tent
- ***Lawn chair***
- Small camp table
- Small tarp/rug/door mat to keep your tent clean
- Camp knife/fork/spoon
- Coffee mug
- Clothesline, pins
- Reusable grocery bag for carrying stuff around in, organizing tent, etc.
- Flashlight/headlamp (headlamps are handy in dark port-o-johns)
- Battery/solar-powered tent fan
- Zip-loc bags/Paper towels/Trash bags
- Spare batteries
- Tissues
- Toilet paper (spare roll)
- Duct tape (you never know!)
- Books/cards/games
- Teddy bear or other emotional-support plushies (optional)
- ~~Citronella candle~~ (don't bother - citronella doesn't work)
- Backpack - optional

Meds/Toiletries:

- *****Any personal meds/vitamins** (with extra doses in case some get wet/lost, etc.), with a good container to keep them in
- Personal toiletries, Toothbrush/toothpaste, nail clipper, shaver, etc.
- Allergy meds (personal Epi-pen, if necessary)
- *****Sunscreen*****
- *****Insect repellent** (DEET or pyrethrin/picaridin – can also buy spray-on pyrethrin to treat clothes)
- Soap /shampoo (biodegradable)
- Hand Sanitizer
- Earplugs/eye mask
- Towel(s)/Washcloth
- Personal eyeglasses with case (consider an extra pair, just in case)
- First aid: Band-Aids, first aid cream, any OTC meds for gastrointestinal issues, antihistamines, Benadryl/cortisone cream for insect bites, sleep aids, eyedrops, Athlete's foot meds, etc.
- Ibuprofen/Tylenol/Advil, etc.

Clothing:

(General Rule when camping/paddling: Avoid cotton whenever possible in damp environments, and ESPECIALLY when paddling.)

- **PADDLING CLOTHES:**
 - Long sleeve, SPF 50 shirt(s) – great for sun protection while paddling, can wear over paddling top
 - Paddling top(s) - (non-cotton) – light, poly-blend, quick-drying (several)
 - Paddling shorts: quick-dry material, “board shorts” work well (baggy, longer length good for sun protection) – several pairs
 - “Rash-guard” shirt for sun protection (light nylon long-sleeved swim top)
 - Bandana (for neck sun protection, etc.)
- *****River shoes (closed-toe)*****
- *****Sweater/jacket** – fleece is best, gets chilly at night and in AMs
- Convertible cargo pants, quick-dry material (bottoms zip off to convert to shorts) – work much better than jeans in damp environment – very useful
- Pajamas: Sweatshirt/pants and light shorts/t-shirt (weather is very variable)
- Bathing suit (optional – will usually swim in the river in paddling clothes)
- Beach towel
- *****Eyeglass retainer(s)**
- Hat (BB cap and/or good sun hat for paddling, with a chin strap for wind)
- Hiking shoes (optional)
- Regular socks, warm (wool/fleece) socks
- Regular shorts, t-shirts for around camp
- Underwear/bras (light, quick-dry if possible)
- Extra poncho for emergencies
- Sandals/sneakers for around camp (flip-flops for showering)
- *****Sunglasses** (consider an extra pair, in case)

River gear:

- Personal life jacket (PFD), if you have one (optional; the livery provides life jackets)
- Personal paddle, if you have one (optional; the livery provides paddles)
- Rain gear – dependable, breathable nylon hooded jacket and pants (can get in most sporting goods stores or Walmart camping section)
- Paddle Gloves (can also use weight-lifting-type, fingerless gloves) – come in handy
- Camera (waterproof)
- Dry bag/case for phone, car keys
- Several dry bags (different sizes -not too big) for gear in boat, and small lengths of cord for securing into boat
- “River wallet”: small, waterproof bag (zip-loc, etc.) with ID/license, insurance cards, a credit card, and a little cash – just the essentials in case you hurt yourself and have to go directly to the ER! Leave everything else secured in your locked car.
- Fleece sweater; pocket-sized emergency (Mylar) blanket to pack in dry bag (if you get wet, can come in handy)
- Carabiners come in handy
- Light cloth or towel to protect thighs from sun in kayak
- Water bottle(s)-double-walled, insulated metal is best for keeping cold
- Seat pad for kayak (optional, but the seats are hard plastic – a seat pad can be very helpful!)
- Mesh bag to carry river gear is very helpful – all gear must be removed from boats at end of day.
- Bailing bucket for kayak (or actual bailer, if you have one. A plastic, gallon-sized container made into a scoop works well) – optional
- Bungee cords come in handy
- Insulated lunch/bottle bag (optional)

Drinks/Snacks: (****Note:** We will be camping in **bear country** at Worthington – the less food you have in your car, the better, and **NONE** should be kept in your tent, not even in coolers!***). The Sojourn usually provides lots of drinks & snacks. Also, please note that alcoholic beverages are not permitted in any State Park or National Park Service campgrounds.

- Electrolyte mix
- Iced tea mix
- Chips/pretzels
- Granola/trail mix/Jerky/Nuts

Optional:

- Personal Kayak/Canoe (Note: If you bring a personal boat, the Livery folks will transport it between campsites and the river. No need to put it back on your car until you leave).
- Spray skirt for personal boat
- Helmet

*List originally submitted by Rob McCue, Sojourn Participant
updated May 2024 by Lorraine Martinez, Sojourn Steering Committee*