



COMPELLING CORSICA: SEA KAYAKING & MOUNTAIN HIKING – PACKING LIST

Our Award Winning National Geographic Tour of a Lifetime!

Welcome to the Compelling Corsica Tour with ROW Sea Kayak Adventures! We are very pleased you have decided to join us for this captivating island adventure. As the fourth largest island in the Mediterranean, with mountains that tower above the sea and remote coves beckoning swimmers and sea kayakers, Corsica remains wild, evocative and pure. Our “Isle of Beauty” tour is an ideal combination of paddling the azure French waterways of the UNESCO World Heritage Site of the Reserve Naturelle de Scandola, and hiking the spectacular granite mountains of Corsica. The packing list outlined below is meant to serve as a guide to help you plan, prepare and outfit yourself for your upcoming travels. We have provided our best recommendations and suggestions. These suggestions are based on the outlined itinerary, the geographic region, our knowledge of Corsica, and our personal experience. We hope you find this list helpful, use it as a guide and feel free to amend it with your favorite travel items too!

General: ROW will provide all necessary paddling equipment, PFD’s (personal flotation device), kayaks, and safety equipment for the kayaks. It is vital that all of your kayaking clothes are synthetic or wool, **not cotton**. Synthetics are also ideal for hiking and touring in warmer climates as they wick away moisture from the body and dry quickly. Cotton is perfectly acceptable for all non-paddling parts of the tour.

Luggage Recommendations: ROW’s adventures are best enjoyed if you travel light. For the Compelling Corsica tour we recommend packing as lightly as possible. We think it is wise to avoid checking any luggage under the plane. If you do check a bag, make sure that you have everything that is either essential or would be hard to replace, with you in your carry-on bags. We recommend using three bags during this tour.

1. One roll-on (ideally a non-hard-sided version) or duffle luggage that meets carry-on requirements – This will serve as your main piece of luggage for the trip. We will transport this luggage for you between hotels each day and you will have access to it each evening when we check into our accommodations. If desired, you can pack an extra soft-sided duffle inside your main luggage; this can be used as an extra piece of luggage for souvenirs on your return flight. While we recommend using only carry-on luggage, checking baggage can be done at your discretion.

2. One small day pack – This dual purposed pack can serve as your personal item during your flights as well as your day pack during the tour. Outside zippered pockets are nice and allow you to organize your travel gear. A good size measures 18” high x 12” wide by 8” deep plus outside pockets about 2” deep. Carry medications, travel documents, important personal items and other essentials or “hard to-replace” items in this on the plane. While in Corsica, this is perfect for stashing those items you’ll want during the day, whether hiking or touring local towns.

3) Dry Bag: During the kayak portion of the tour you are provided with a 30 liter (roughly 11" wide by 19" deep) dry bag to put the clothes and other items you will need for the two nights we stay at our rustic accommodations. As well, we will provide a small dry bag that can ride on the deck of your kayak to keep items such as sunscreen, rain gear, extra clothing layers, etc. During this part of the trip your extra luggage will stay locked in the van or sent to the hotel where we stay after the kayak portion of the tour.

Footwear:

This is one of the most important considerations, as blisters and sore feet can spoil your trek or kayak trip. We recommend that you take a pair of lightweight hiking/trekking boots, suitable for walking over rough terrain, offering good ankle support, as well as comfort over long distances. For some people a pair of quality low top walking or trail running shoes will be fine for this tour. Choosing a pair of trekking boots is a very individual process, and should be governed by your own experience and preferences. A good outdoor equipment store will be able to provide suggestions, and advise you on the proper fitting of your boots.

For kayaking we recommend a good quality water sandal with a strap and soles sturdy enough to walk on rocky beaches. Recommended brands are Chaco, Teva, Keen, or Merrill. Some of these are also good for wearing in the evening and walking the easier sections of the trails.



Essentials:

- Passport – must be valid for at least six (6) months after the date of your arrival
- A photocopy of your passport, inside a zip lock bag and stowed elsewhere in your luggage (*as an additional precautionary measure, consider leaving a photocopy with family or friends at home as well*)
- Copy of your air tickets with ticket numbers, placed elsewhere in your luggage
- Plan to use cash (euros) for small purchases and gratuities
- Credit card that works internationally, ideally with chip technology (*Call your bank and let them know where you will be traveling*)
- Watch or small travel clock with alarm (*if you are taking a phone, this can serve as your alarm clock*)
- Money belt or concealed passport carrier to carry your passport, travel documents and money, hidden under your clothing
- TSA-accessible lock for luggage security when not on your person (*optional- can buy these at any travel or outdoor recreation store*)

Corsica Kayaking and Hiking Clothes: Only synthetic or quick-dry materials should be worn while kayaking

- One pair of paddling gloves (*optional*)
- One - two pair long, lightweight, nylon pants with zipper pockets (*Zip off legs give you more options*)
- One pair nylon shorts (*this can double as a swimsuit for the guys*)
- Swimsuit for gals
- One quick-dry sport dress (*optional for easy over the swimsuit/hiking/kayaking*)
- Sarong for ladies (*optional but super handy for changing clothes, laying on the ground, etc.*)
- One - two short sleeve button-up shirt(s) or t-shirt(s) (*synthetic is best*)
- One - two long sleeve shirts for sun protection (*You can buy tight-weave nylon shirts with SPF protection made by companies such as Columbia, Patagonia, Exofficio or REI etc. Sun protection is essential*)
- Three or four pair underwear (*synthetic is best*)
- One wide-brim, tie-on hat (*the floppy nylon variety is ideal, as it packs well.*)
- One lightweight raincoat (*a windbreaker that has some waterproof qualities will work as well*)
- Three pair light synthetic or merino wool socks
- One pair sturdy trail shoes, or running shoes, to use for hiking and for other times when you want to wear something other than sandals.
- One pair sandals with ankle straps to wear while kayaking, on the beaches, walking around towns, etc. (*Chaco, Keens or Tevas are preferred but there are many other brands that are suitable*)

Corsica Non-Kayaking or Casual Clothing:

- Two –three other comfortable pairs of pants/shorts/dresses (*lightweight dresses pack small and make great travel options for women*)
- One - two long sleeve and/or button up shirt(s) for town
- One - two t-shirt(s) or tank top(s)
- One light fleece or polyester sweater or jacket for warmth in the evenings and mornings
- Lightweight packable vest
- One pair lightweight pajamas
- Three or four pair of underwear
- Casual hat for sun protection
- Three pair light nylon or cotton socks
- Good pair of walking shoes (*ideal if you can use your trail shoes for this*)

Gear and Other Essentials:

- Small day pack or fanny pack for hikes (*optional*)
- Collapsible walking sticks (*Optional, but a great addition*)



- One water bottle, 1 liter or larger (*A bottle that fits in a daypack pocket or clips to the outside is ideal*)
- One buff or bandanna for sun protection and cooling off
- Camera/film/batteries/battery charger (*a Mophie battery pack (small external back-up battery) for all USB enabled devices is a great option*)
* For non-waterproof cameras you may want to bring a small dry box or dry pouch to use while kayaking (*For small point-and-shoot cameras a ziplock type bag will also work*)
- Universal electrical plug adapter for France
- Binoculars (*Optional but nice for bird and wildlife watching*)
- Sunglasses, polarized are highly recommended for sun protection and enhanced clarity
- Retaining strap for glasses and sunglasses (*Chums, Croakies or similar item*)
- Extra pair of sunglasses and glasses/contacts
- Small container of powdered clothing detergent
- Other *optional* laundry items: small scrubbing brush and small portable clothesline for quick drying in your hotel room (*washing clothes and using a drying line will increase your confidence in packing light*)
- Three to four kitchen garbage can liners – for wet clothes, dirty laundry, soiled shoes, etc.
- A few quart-size or 1-gallon ziplock bags for packing sunscreens, lotions or anything that might make a mess
- Books or E-reader, pen and note pad, deck of playing cards or other games, etc. (*we recommend 1-2 books at most; keep games and "extras" small in size and to a minimum*)
- iPod/small portable music player with headphones (*optional*)
- Inflatable travel pillow/night shade/earplugs (*optional, and should pack down very small*)

Toilet Kit/First Aid:

- Standard toiletry kit including general hygiene products, toothbrush, toothpaste, deodorant, etc. (*keep liquids under 3.38 oz. (100ml) for carry-ons*)
- Sunscreen
- Lip balm with SPF 15-30
- Pre-moistened toilette packets or disposable shower wipes to refresh
- Personal medicines/prescriptions (*Dramamine-motion sickness, Benadryl -allergic reactions, Advil or Aspirin, etc.*)
- Heavy duty skin lotion for dry, sun-baked and salted skin
- Small squeeze bottle of hand-sanitizer gel
- Shampoo and soap (*we recommend biodegradable, multi-purpose options such as Dr Bronners*)