

# **Gear List – 3 Day Sea Kayak Expedition (Summer)**

## **You will be expected to bring:**

### Paddling gear:

- long sleeve quick dry shirt (non cotton)
- light fleece, rain jacket, warm hat (accessible in drybag)
- Sun hat (with brim)
- Sunglasses with strap
- Bathing suit/shorts/sports bra (to wear/wear under wetsuit)
- Water bottle(s) (durable)

### Camp clothes:

- Underwear/sports bras (preferably not cotton)
- Long underwear (merino or polypropylene)
- Shorts
- 2 T-shirts
- Quick drying pants

### If it rains or gets cooler:

- Warm fleece, fall jacket or wool sweater (fits under your rain jacket)
- Rain jacket and rain pants (if no rain pants bring extra long pants)
- Warm Hat

### For your feet:

- Warm socks (wool or fleece for at night)
- Good walking shoes or lightweight boots for hiking/around camp

### For Sleeping:

- Sleeping bag (3 season – ideally lightweight with a compression sack and garbage bag)
- Therm-a-rest, if you have one (we can provide foam sleeping pads)
- Sleepwear
- For a pillow wrap your fleece around extra clothing or bring a small inflatable pillow
- Tent or personal shelter system (Let us know if you need)

### For Cooking:

- Your own food, and beverages of choice
- Your own stove and cooking/eating equipment

### Recommended Personal items:

- Lightweight Camp Chair
- Camera, Book
- Toiletries and Medications
- Sunscreen (SPF 30+)/Lip Balm/Bug repellent
- Small flashlight or headlamp with extra batteries
- Lightweight Day Pack
- Quick dry Towel and/or bandanna
- Extra garbage bags (heavy duty) for extra waterproofing

- Emergency kit (ouch kit, first aid, fire lighting, immediate energy etc.)
- Cell phone with waterproof dry bag
- Particular snacks or other special care products you may wish to bring

### **What we will supply:**

- Kayaks and equipment including wetsuits
- Some extra 10-20L dry bags
- 1st Aid Kit
- Repair Kit
- Emergency Communication (VHF Radio & Inreach)
- Cleaning kit (folding dish basins and hand washing station)
- Toilet kit
- Group Tarp
- Water filtration
- Some extra stuff you might have forgot