

Suggested Equipment Personal Multiday Sea Kayak Trips

Accessible Personal Gear

- Glasses/Contact Lenses AND SPARE PAIR!
- Sunglasses with floatation strap
- Brimmed hat
- Sunscreen
- Lip balm
- Bandana/towel
- Water bottle/hydration system
- Snacks

Toiletries and Personal

- Toilet paper
- Toothbrush/paste
- Personal toiletries
- Bio soap/ hand sani
- Feminine hygiene products
- Personal medications AND SPARE IF SERIOUS CONDITION PRESENT
- First Aid Kit

Personal Camping Equipment

- Flashlight or Headlamp
- Sleeping bag
- Sleeping Pad
- Tent & Tent Poles
- Tarp + Rope
- Stove
- Fuel
- Lantern
- Water storage containers

Camp Kitchen

- Pots & Pans
- Cooking utensils incl. knife
- Eating cutlery
- Cups/ Plate/ Bowl
- Spice Kit
- Ziplock & Garbage Bags
- Lighter
- Bio Soap
- Food Bags w/ labels
- Food incl. an emergency meal or two
- Soft cooler
- Collapsible "sink"
- Method of securing food from animals

Clothing –Innerwear

- Underwear
- Socks (2 pairs wool)
- Synthetic long underwear tops and bottoms
- Light wool or thermal upper layers
- Lightweight UV-protective long- and short-sleeve shirts

Clothing – Outerwear

- Rain jacket
- Rain pants
- Hat with brim
- Wool hat
- Gloves
- Fleece tops/bottom
- Quick dry nylon pants/shorts
- Closed toed water shoes (eg Keen's) or old sneakers, or booties. No flip flops or holey soles / crocs!
- Swim suit
- Shore Shoes (runners / good sandals)

Navigation & Communication

- Charts/ maps
- Map case
- Tides
- VHF Radio / Weather Radio
- Cell Phone
- Pen/ pencil / Paper
- Compass
- Extra Batteries

Mini Repair Kit

- Multi tool
- Duct tape
- Pliers
- Sewing Kit
- Tent Pole sleeve

Non Paddling Time

- Snorkel gear
- Journal, pens, pencils
- Book
- Camera
- Playing cards
- Camp Chair

