

## SEA KAYAKING CLOTHING & EQUIPMENT LIST

We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. **The following list of clothing and equipment is essential for your health and safety.** The key to staying comfortable while on a trip is layering. For maximum comfort and minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. **The weather is unpredictable and each person needs to be prepared for varying conditions.**

**Do not bring Cotton clothing for sea kayaking.**

This list is the result of years of experience sea kayaking the Coastal Inlets of British Columbia and everything has a purpose. Please bring all of the **required clothing and equipment.**

To keep costs down feel free to borrow as much as possible! Clothing and gear is pricey, so borrowing helps you obtain items that you'll only use at Beyond once. You can also rent gear or buy it used from a secondhand clothing or sporting goods store.

### REQUIRED FOR SEA KAYAKING TRIPS

*Please follow this checklist as closely as possible and try to bring only what is necessary!*

#### **Upper Body Layers:**

- 1 short sleeved moisture wicking wool\* t-shirt
- 1 long sleeved moisture wicking wool base layer
- 1 light wool sweater, fleece jacket, or a heavyweight polypropylene top
- 1 heavy wool sweater or fleece jacket (mountaineering style)
- Crucial:** Rain jacket (hooded, waterproof, lightweight, breathable – good materials are Gore-tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **NO** vinyl or plastic)
- For Women: 1-2 moisture wicking sports bras
- 1 wool or fleece stocking hat (NO ACRYLIC)
- 1 baseball cap or sun visor
- 1 pair wool or fleece gloves or mittens

#### **Lower Body Layers:**

- 2-3 pairs of underwear
- 1 pair shorts - lightweight nylon with a liner works well (not cotton)
- 1 pair lightweight wool long underwear bottoms
- 1 pair wool or fleece pants
- Crucial:** Rain pant (waterproof, lightweight, breathable – good materials are Gore-tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **no** vinyl or plastic)

#### **\*Note on Wool:**

On the water **wool** is our friend and **cotton** is not. Do not bring any cotton clothing for kayaking! Wool provides ventilation and insulates when wet (cotton or down do not).

#### **\*Good synthetic substitutions for wool:**

- **fleece** (other names are Polartec and Synchronilla)
- **polypropylene** (other names are Capilene and Polyester)



### **Footwear:**

- 2 Pairs heavy wool socks
- 2 Pair old, lightweight sneakers (Nylon runners are best because they are light and dry easily)
  - One pair for camp
  - One pair will be your water shoes to be worn for boating activities.

Proper footwear is extremely important. The beaches are rugged with sharp rocks, shells, and barnacles. Therefore adequate protection is necessary. A stiff sole with full foot protection (such as a running shoe) for walking and carrying kayaks onto the beach will work well. Neoprene booties with a durable rubber or felt sole are an acceptable alternative. No sandals please.

### **Miscellaneous Items:**

- 1-3 bandanas (these are used for everything from washcloths to sweatbands to sun protection, cotton is okay)
- 1 pair sunglasses-the darker the better (100% UV protection). A strap to hold glasses on is highly recommended (can be bought or made).
- Headlamp or small flashlight with extra batteries
- 1 Bible (pocket-size with Old Testament and Psalms)
- 1 small notebook and ballpoint pen or pencil
- Personal toiletry kit: toothbrush and small toothpaste, small hand sanitizer, a small comb, contact lens supplies, etc. You may want to store these in small plastic baggies. For women: feminine products, liners, and wet-wipes.
- Sun block (small, SPF 25+ or more)
- Lip balm with sun block (15 SPF or more)
- Insect repellent (small bottle)
- 2 water Bottles (1-liter size)

### **Optional Items:**

*(These Items are not essential but, if you have them, would be beneficial to bring)*

- 1 sleeping bag in a stuff sack. A bag with synthetic material such as quallofil, hollofil, polar guard as insulation is far superior to down in the coastal climate. Don't bring down unless you can't get anything else. Even then, we may ask you to use one of ours on the trip.
- Gloves for paddling (neoprene, bicycle gloves or pogies)
- Neoprene wet suit booties
- Ensolite blue foam or Therm-a-rest sleeping pad
- Crazy Creek or Therm-a-rest chair
- Camera and film in waterproof case. Waterproof disposable cameras work well.
- Stuff sacks or dry bags **20L or less** for packing gear into
- 1 small pocket knife (Not a big hunting knife)
- Instant coffee packets for breakfasts (coffee not provided)
- 2-3 carabiners to secure items on deck of kayaks



***Provided from Beyond:***

- ✓ Tents
- ✓ All cooking gear, stoves and fuel
- ✓ Water purification
- ✓ Group First Aid Kit
- ✓ Sea Kayaking Equipment
- ✓ Bug nets

***Available to borrow from Beyond:***

- ✓ Sleeping bags and liners
- ✓ Foam sleeping pads
- ✓ Water shoes
- ✓ Small NT bibles
- ✓ Water bottles

|                            |
|----------------------------|
| <b>BRING FOR BASE CAMP</b> |
|----------------------------|

These are items that you will use and keep at basecamp, not to be brought onto the water.

- Bathing suit and towel
- Biodegradable soap and shampoo
- 1 towel
- Set of clean clothing that you can wear home
- Personal toiletries
- Pillow and sleeping bag (can borrow bag from Beyond)
- Money for Beyond store