

# Sea Kayaking Packing Checklist

## Required Items:

- Water shoes or old tennis shoes - TOTALLY ENCLOSED! NO OPEN-TOED OR OPEN SIDED FOOTWEAR ALLOWED!
- Tennis shoes – dry pair
- Watch
- Maximum sun block cream 45+
- Flashlight w/extra batteries
- Aquatics or Police whistle (plastic may be preferred because of salt water environment)
- Sleeping bag
- Personal First Aid kit (band aids, small antibiotic cream, moleskin, pain relief)
- 2 towels, 2 washcloths (for base camp)
- SPF lip balm
- Pocketknife
- Rain gear (jacket or windbreaker)
- Sun (Sea Dawg) hat
- Maximum UV sunglasses
- Insect repellent
- Mesh bag (any type of mesh bag will do, it is for items that can get wet)
- Toiletry items (small Gold Bond powder plus personal care items)
- Compass
- Mess kit with eating utensils and cup
- 2 Water bottles (1 liter or more) or 1 water bottle and a camelback
- Clothing: 6 T-shirts (class B preferred)
  - extra socks
  - underwear
  - swim suit
  - 2 pair short pants (plus whatever you may need in base camp)
  - class A uniform for base camp (uniforms will not be going on the water)
  - 1 pair long pants
  - 1 pair long thermal underwear (in case the weather turns cold and wet, absolutely no cotton)
  - 1 warm fleece sweatshirt or jacket

## Optional Items:

- Waterproof camera
- Gloves
- Lightweight surf fishing gear (16 and over will need GA fishing license)
- Sleeping pad (optional depending on whether you are comfortable sleeping on the ground)
- Umbrella or other sail making materials (small tarps, rain ponchos, piece of plastic, etc)
- Very small folding stool or stadium seat
- Squirt guns (small, medium or water cannons) depending on your sense of adventure

Two dry bags will be provided (1 40L and 1 20L) by the program for items that need to stay dry but an additional small dry bag 5-10L would be useful.

Adults - if you have any possible back issues, a stadium cushion will help. I'm bringing two.