

YHAO Sea Kayaking Packing List

Water Clothes and Shoes

- Wide Brimmed Hat
- Short Sleeved Shirt
- Long Sleeved Sun/Wind Shirt
- Rain Jacket
- Rain Pants
- Zip-off pants (must be quick dry, NO COTTON OR CANVAS PANTS)
- Quick-dry Pants
- Quick-dry Shorts
- Water Shoes
- Camp Shoes
- Bandanas (minimum of one)
- Sunglasses (REQUIRED)
- Glasses Strap (Helps if the strap can float, glasses are expensive after all)
- Kayaking gloves

Dry Clothes

- Base Layers
- Camp Shoes (must be closed-toed)
- Non-Cotton Shirts
- Non-Cotton Pants
- Fleece Jacket
- Wool Socks (minimum of four pairs)
- Gloves
- Sleeping Clothes (Whatever is most comfortable for you!)
- Stocking Cap or Beanie(s)

Equipment

- Sleeping Bag w/ Compression Sack (20° highly recommended, nights get very cold up here)
- Sleeping Pad
- One Large Duffle bag (for moving gear from boat to camp)
- Small dry-bags or stuff sacks, no bigger than 20L (for organization of personal gear)
 - If bringing stuff sacks, bring waterproof liners. Dry-bags can be provided if necessary, but supply is limited.
- Mess Kit (bowl with resealable lid & utensil(s))
- Insect repellent (MAY NOT CONTAIN DEET OR PERMETHRIN. PICARIDIN HIGHLY RECOMMENDED AS AN ALTERNATIVE.)
- Sunscreen
- Chapstick
- Mosquito Head Net
- Pocket Knife
- Toiletry Items (Toothbrush & Toothpaste, etc.)
- 2 Nalgene Water Bottles
- Waterproof watch
- Headlamp w/ Back-up Batteries
- Tent (Tents can be loaned, if interested please contact YHAO Director Ian Squires)

Optional

- Kayaking gloves (gotta prevent those pesky paddle blisters!)
- Day Hiking Shoes (you never know!)