

Atlantic Kayak Tours

Equipment List for Spring & Fall Sea Kayaking Trip

e-mail: KayakTours@aol.com

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Spring & fall are great times of the year to sea kayak. Birdlife is plentiful and the boat traffic is light. To help enjoy your outing, we recommend that you bring some equipment listed on the other side. The boats have a lot of room for a day trip, and it is better to have more equipment, than not enough. All items should be in waterproof bags (doubled kitchen size trash bags work well). A few small bags work better than one large bag. Many kayaks have small (9") openings to pack gear into. During these seasons the weather can vary from cold and wet, to summer like. Listen to the weather forecast and pack accordingly. If you have any questions, give us a call.

If you are renting a boat for this program the kayak will be properly equipped with a paddle, personal flotation device (life jacket), spray skirt, and flotation. If you bring your own boat, it should be properly equipped with a paddle, flotation, spray skirt, pump or bailer, and you should have a personal flotation device (life jacket). If you need any item, let us know and we will bring it.

To enter a kayak, you must walk into a foot or two of water, so your feet will be wet the full day! Our insurance company requires that you wear shoes at all times so, don't bring an expensive pair of tennis shoes. Some people bring extra socks and shoes to change into for the lunch break. A pair of neoprene (wetsuit style) booties are ideal, and many windsurfers, canoers, and divers already have them. If you don't have neoprene booties, then a pair of wool socks with plastic bags (bread bags are best) over the socks, worn inside your shoes will help keep your feet warm, but not dry. To keep some water out of the bags use rubber bands around your ankles. On windy or rainy days a pair of dish washing gloves will help keep your hands dry and warm.

It is best to dress in layers. Wear thin layers that dry quickly (wicking) next to your body, polypropylene underwear is superior. The next layer should be thicker, also wick moisture and dry quickly. Pile is our choice for this layer. Pile comes in different weights for different temperatures and activities. The outer layer is a windproof or waterproof layer as a shell. Bring two other layers to add or change into as the conditions change. A wool or pile hat will let you adjust easily to different conditions. If you own a farmer john wetsuit or drysuit bring it, but don't forget the other layers. For your lower body we usually wear shorts or polypropylene pants or tights under wind pants. We don't expect you to own all these items, but you can substitute items you own for each layer. While paddling you will be warm, but at lunch and breaks you will need to put on other layers.

We offer Henderson Polartec® jumpsuits for a rental fee of \$10 a day. These suits are the equivalent of a 2.5mm wetsuit, but much more comfortable. Henderson offers many different designs, but we chose the farmerjohn style for the freedom of movement. If interested call for availability.

Don't forget your lunch and plenty to drink. Bring a minimum of two quarts of liquids. If the temperature is below 60 degrees, a thermos with hot tea or soup will be good and warm at lunch. A quart of water in a plastic bottle (quart seltzer type bottles work best) should be kept on the deck of your kayak, so you can take drinks as we paddle.

While we carry a first aid kit for the group, kayakers like to carry their own small first aid kit. While paddling, it is easier to put a bandaid on a blister from your kit. A personal first aid kit should have a few band aids, aspirin, and any other items you normally use. We are not allowed to dispense medication of any type including aspirin. Put these items in a ziplock bag that you can get at while paddling.

The trip leaders are happy to answer any questions, but don't wait for the last day. We run multiple trips and the leaders are away for days at a time. Patagonia® also offers a guideline service not only to answer questions about their products, but also about general outdoor gear and what equipment is appropriate for a variety of endeavors. Call Patagonia® guideline service at (800) 523-9597.

HEAD

Sunglasses; with Croakies (eyeglass keepers)

Hat with visor (baseball cap) and warm hat

UPPER BODY

Polypropylene shirt or T-shirt (keep away from cottons if the weather is cool)

Long sleeved shirt; pile, sweater, sweatshirt or light jacket for cool temperatures, wind or rain.

Outer shell: raincoat, windbreaker, paddling jacket

LOWER BODY

Shorts (if forecast is for warm weather)

Long pants for cool temperatures, wind or rain. Jeans are slow to dry and won't keep you warm when wet or cool when it's hot. Polypropylene or tights under a shell works the best. If you have a farmer john wet suit or dry suit bring it. We like to wear shorts under long pants, so we can adjust to the conditions.

FEET

Shoes (you will walk in the water to get into the boat); Neoprene boots are the best, old sneakers with wool socks are good, otherwise Aqua socks will work, but not keep your feet warm. Optionally, a second pair of shoes to put on at lunch or other long stops.

2 changes of socks; Wool, pile or thick polypropylene are the best.

EXTRA

Clothes you don't wear should be in waterproof bags.

Gloves; wool gloves to keep your hands warm on cool days and biking or sailing gloves to prevent blisters on warm days.

Cheap camera/Binoculars in waterproof bag. No bag is completely waterproof, so bring camera at your own risk. The Kodak disposable (waterproof and non-waterproof) cameras take good pictures and are inexpensive. If the trip is to an area with diverse bird and animal life, a camera with a short telephoto lens may be worth bringing. If you are unsure about bringing your camera gear, give us a call and we will try to advise you on the situation.

Sunscreen and chapstick.

Two quarts of liquids. Soda will not rehydrate you. Warm tea or soup is nice on a cool day. For warm liquid; put boiling water into a thermos for five minutes, then replace the water with the hot beverage, wrap the thermos in a towel or your spare clothing (as long as the thermos won't leak). This should keep the beverage hot until lunch.

Don't forget to bring your lunch. Pack your lunch into a doubled plastic bag. Most people also will bring snacks to eat as we paddle.

THINGS NOT TO BRING

Radios or any other electronic noisemaker

Good clothes or expensive sneakers

Jewelry, wallet, or large amounts of cash

IMPORTANT THINGS TO BRING

A sense of humor

An attitude that is ready for fun and adventure