

# Atlantic Kayak Tours

## Equipment List for Summer

### Sea Kayak Trip

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Summer is the most popular time of the year to sea kayak. The water is warm, the air temperature is hot, and the days long. To help enjoy your outing, we recommend that you bring some equipment listed on the other side. The boats have lots 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. The summer is a great time of the year to sea kayak, but the weather can vary from cool and wet, to hot and sticky. 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), 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 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 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 aqua socks or neoprene (wetsuit style) booties are ideal, and many windsurfers, canoes, and divers already have them. On windy or rainy days a pair of dish washing gloves will help keep your hands stay dry and warm.

If the forecast is for cool or wet weather it is best to dress in layers. Wear thin layers that dry quickly next to your body. The next layer should be thicker, with a windproof/waterproof layer as a shell. Bring two other layers to add or change into as the conditions change. If cool a wool hat will let you adjust easily to different conditions.

Don't forget your lunch and plenty to drink. Bring a minimum of two quarts of liquids. If the temperature is above 80 degrees, a thermos with cold liquid will be good and cool at lunch. A quart of water in a plastic bottle should be kept in 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)

Rain hat

## **UPPER BODY**

T-shirt

Long sleeved shirt, polypropylene shirt, pile jacket, or sweatshirts for cool, windy or rainy days

Outer shell: raincoat, windbreaker, paddling jacket

## **LOWER BODY**

Shorts (if forecast is for warm weather)

A bathing suit, so you can take a dip on a hot afternoon

Long pants for cool temperatures, wind or rain. Jeans are slow to dry and don't keep you warm when wet or cool when it's hot. Polypropylene or tights under a shell works best. Light cotton or good synthetic pants are better than heavy cotton. 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): Aqua socks, boating sandals, or Neoprene boots are the best, otherwise old sneakers work fine. Optionally, second pair of shoes to put on at lunch or other long stops.

## **EXTRA**

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

Light pair of gloves to prevent blisters (biking or sailing gloves).

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 you 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.

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