

# What to Bring on a Sea Kayak Day Trip

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We provide all the sea kayaking equipment needed for your journey. You need to provide your own outdoor suitable clothing, personal gear, and raingear. If you do not have all of the equipment, let us know and we will help you find it.

**Clothing** – This clothing can be either worn or brought with you in your day bag. Depending on the weather at the time of the trip, you may or may not need all of this gear. Feel free to use your good judgment based on the weather. This list is intended as a reminder to you as you prepare for the trip. Please try to avoid cotton clothing as it will make you colder on cold, wet days!

- Rain Coat
- Rain Pants
- Warm Hat and/or Brimmed Hat
- Wool socks
- **Wet Shoes (your feet will be wet guaranteed!)** water sandals are ok
- Dry Shoes for the car ride home
- Shorts
- Long Pants
- Tee Shirt (Cotton is OK)
- Sweater or Pile Jacket

## Personal Gear -

- Sunglasses with safety cord
- Sunscreen
- Lip sun block
- Water bottle 1 qt. full of water
- Medications that you need during the day
- Camera/film

**Misc. Optional Gear** - Things that you might want to bring but you DO NOT need.

- Field Guides we carry many, but if you have a favorite
- Sketch pad or journal
- Bike gloves for paddling
- Binoculars

## Wet Exit & Self Rescue

**Clothing** –We will be getting wet in Wet Exit and Self Rescue courses, and you will be in 50 degree water for a few minutes at a time. Please try to bring the following clothing appropriate for cold water immersion.

- Paddle Jacket or Rain Coat
- Wet Suit or Dry Suit
- Warm Hat and/or Brimmed Hat
- Wool socks
- Wet Shoes (Neoprene booties or water sandals are ok)
- Dry Shoes and a new set of warm clothing for the car ride home.
- Shorts or swim suit
- Long Underwear for under the wetsuit/drysuit.
- Neoprene or non-cotton gloves
- Fleece or Wool Sweater

**If you do not have any of the above gear, or cannot find a source to rent or borrow that equipment, Elakah does have a limited supply of wetsuits, dry suits and paddle jackets. Please call 360-734-7270 to request these items of clothing.**

**Packing Your Gear:** Place all the above items in a dry bag or stuff sack lined with a garbage bags or plastic trash compactor bag. Try to keep this bag under 10" in diameter if possible.