

# SEA KAYAKING CLOTHING & EQUIPMENT LIST

## YOUNG LIFE BEYOND MALIBU

We will be traveling in spectacular and rugged country where our lives will literally be dependent upon our gear. **The following list of clothing and equipment is essential for your health and safety.** The key to staying comfortable while on a trip is layering. For maximum comfort and minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. **The weather is unpredictable and each person needs to be prepared for varying conditions.**

**Do not bring Cotton clothing for sea kayaking.**

This list is the result of years of experience sea kayaking the Coastal Inlets of British Columbia and everything has a purpose. Please bring all of the **required clothing and equipment**.

To keep costs down we would encourage you to borrow or shop at Thrift stores and watch for sales as much as possible!

## REQUIRED CLOTHING AND EQUIPMENT

For Sea Kayaking Trip:

### UPPER BODY LAYERS

- \_\_\_ 1 short sleeved moisture wicking t-shirt base layer (polypropylene/synthetic/wool)
- \_\_\_ 1 long sleeved moisture wicking t-shirt base layer (polypropylene/synthetic/wool)
- \_\_\_ 1 **light** wool sweater, fleece jacket, or a heavyweight polypropylene top
- \_\_\_ 1 **heavy** wool sweater, fleece jacket (mountaineering style)
- \_\_\_ **Crucial:** Rain jacket (hooded, waterproof, lightweight, breathable – good materials are Gore-tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **no** vinyl or plastic)
- \_\_\_ For Women; 1-2 moisture wicking sports bras

### LOWER BODY LAYERS

- \_\_\_ Underwear. 2-3 Briefs or boxers must be synthetic (polypropylene/synthetic/wool)
- \_\_\_ 1 pair shorts - lightweight nylon with liner work well (not cotton)
- \_\_\_ 1 pair of moisture wicking long underwear bottoms (polypropylene/synthetic/wool)
- \_\_\_ 1 pair wool or fleece pants
- \_\_\_ **Crucial:** Rain pant (waterproof, lightweight, breathable – good materials are Gore-tex, Patagonia H2No, Mountain Hardware Dry Q or coated nylon, **no** vinyl or plastic)

### HEAD and HAND LAYERS

- \_\_\_ 1 Wool or fleece stocking hat (NO ACRYLIC)
- \_\_\_ 1 Baseball cap or sun visor
- \_\_\_ 1 Pair wool or fleece gloves or mittens

### FOOTWEAR

- \_\_\_ 2 Pairs heavy wool socks
- \_\_\_ 2 Pair old, lightweight sneakers (Nylon runners are best because they are light and dry easily)
  - One pair for camp
  - One pair will be your water shoes to be worn for boating activities.

Proper footwear is extremely important. The beaches are rugged with sharp rocks shells and barnacles therefore, adequate protection is necessary. A stiff sole with full foot protection (such as a running shoe) for walking and carrying kayaks on the beach will work well. Neoprene Booties with a durable rubber or felt sole are an acceptable alternative. No sandals please.

### MISCELLANEOUS ITEMS

- \_\_\_ 1-3 Bandannas (these are used for everything from washcloth to sweatband to sun protection)
- \_\_\_ 1 Pair sunglasses-the darker the better (100% UV protection). A strap to hold glasses on is highly recommended. (can be bought or made)
- \_\_\_ 1 Headlamp or small flashlight with extra batteries
- \_\_\_ 1 Bible (with Old Testament and Psalms preferred)
- \_\_\_ 1 Small notebook and ballpoint pen or pencil
- \_\_\_ Toilet items: Toothbrush and small toothpaste, a small bottle of biodegradable soap (for base camp only) a small comb, female necessities, contact lens supplies, etc. You may want to store these in small plastic baggies. **NOTE: If you wear glasses, they should be held on with a strap. NO MAKEUP, DEODORANT, HAIR SPRAY, ETC!**
- \_\_\_ 1 Small bottle of sun block, 25 SPF or greater
- \_\_\_ Lip balm with sun block (15 SPF greater)
- \_\_\_ 1 small bottle of insect repellent
- \_\_\_ 1 small bottle of hand sanitizer
- \_\_\_ 2 Water Bottles (1 Liter)

#### Optional Equipment:

(These Items are not essential but, if you have them, would be beneficial to bring)

- \_\_\_ 1 Sleeping bag in a stuff sack. A bag with synthetic material such as quallofil, hollofil, polar guard as insulation is far superior to down in the coastal climate. Don't bring down unless you can't get anything else. Even then, we may ask you to use one of ours on the trip.
- \_\_\_ Gloves for paddling (neoprene, bicycle gloves or pogies)
- \_\_\_ Neoprene wet suit booties
- \_\_\_ Ensolite blue foam or Therm-a-rest sleeping pad
- \_\_\_ Crazy Creek or Therm-a-rest chair
- \_\_\_ Camera and film in waterproof case. Waterproof disposable cameras work well.
- \_\_\_ Stuff Sacks or Dry Bags **20L or less** for packing gear into
- \_\_\_ 1 Small pocket knife (Not a big hunting knife)
- \_\_\_ 2-3 Carabiners to secure items on deck of kayaks

#### *Provided from Beyond:*

- ✓ Tents
- ✓ All cooking gear, stoves and fuel
- ✓ Water purification
- ✓ Group First Aid Kit + Foot Tape
- ✓ Sea Kayaking Equipment
- ✓ Bug nets

#### *Available to borrow from Beyond:*

- ✓ Sleeping bags and liners
- ✓ Foam sleeping pads
- ✓ Water shoes
- ✓ Small NT bibles
- ✓ Water bottle

#### For Base Camp:

(These are items that you will use and keep at basecamp and not bring on the water.)

- \_\_\_ Bathing suit and T-shirt
- \_\_\_ 1 towel
- \_\_\_ Set of clean clothing that you can wear home. You will not take these with you on the trip.