

Coastal Bliss Adventures

Clothing & Equipment Packing List

Sea Kayaking / Canoeing

Price equipment and clothing by visiting www.mec.ca in Canada or www.rei.com in the U.S.

Clothing	Packed	Equipment	Packed
Sandals &/or Runners: One for wet, second dry for camp. Neoprene booties can be worn with either but should not be worn in isolation. Beaches are both sandy & rocky.		Sleeping Bag: - 5°C Rating or lower recommended.	
Brimmed Sun/Rain Hat		Sleeping Pad: closed cell or air-filled. [Thermarest]	
2 Pants & 2 Shorts: Fast drying nylon best		2 Water Bottles: Wide mouth Nalgene [Brand name]. Wide mouth accommodates water filter which can be screwed onto bottle for easier filling. Not essential though.	
Underwear: at least 1 polypropylene shirt & long underware.		5 Large Plastic Garbage Bags: Used for waterproofing	
T-Shirts: 2 should be enough		Thermal Mug: it retains heat longer.	
Socks: 3 pairs		Toilet Paper: place in waterproof container or ziplock bag.	
2 Insulated Warm Tops: Fleece, wool, or Primaloft [look into Primaloft product as it is affordable compact & light]		Bowl: plastic best as it retains heat longer. Spoon/Fork	
Rain Pants & Jacket: GorTex, or a RUBBERIZED, waterproof fabric. We can provide waterproof paddling jacket.		Glasses/Sunglasses with neckcord.	
Wool / Fleece Hat		Flashlight/Extra Batteries	
Gloves sun & blister protection. Cycling or neoprene is good.		Swim Suit	

FIRST AID	PACKED	TOILETRIES	PACKED	OPTIONAL	PACKED
Personal Medication: Pack reserve dosage & give to guides.		Brush / Comb		Paper / Pen	
Personal First Aid Kit		Towel / Wash Cloth		Books/Games /Journal	
Blister Kit See note **		Soap / Shampoo		Camera / Extra film / batteries	
Sunscreen +15		Toothpaste / Toothbrush		Binoculars	
Tensor Bandage		Shaving Gear		Knife	
Feminine Pads/ Tampons		Strenuous physical activity can advance or delay normal menstrual cycles Unscented & biodegradable is best.			

Fishing Gear
Licence required if you intend to fish

A change of clothes may be left in the van for our return to Vancouver. It must be cautioned however, that by leaving items in the van, you agree to assume full responsibility for your choice

- Organize all equipment and clothing in many, small waterproofed bags. Stuff sacks (nylon bags with drawstring closures) in various sizes (available at outdoor stores), lined with plastic ziplock or plastic garbage bags are ideal for this purpose.
- Gear should be organized into categories; i.e. toiletries, extra clothing, camp wear, first aid, etc.

As a general guideline, your clothing will need to fit into a 20 and 10 litre dry bags, your rain gear into a 5 litre dry bag, and your remaining personal items into a 10 litre dry bag.

We will provide you with dry bags for use during the trip.

- Keeping your sleeping bag dry is extremely important. Do not rely on the manufacturer's claim that the sleeping bag stuff sack is waterproofed. Insert 2 plastic garbage bags in your stuff sack and then twist the top securely, and tuck into nylon stuff sack.
- Cameras should be given special attention. Salt water can seriously affect internal mechanism if unprotected. Cameras should be insured and stored in a commercially produced, i.e. *Pelican*, waterproofed hard shell case. You may want to consider a 35 mm one time use waterproof camera for the trip. Also consider the panoramic disposable cameras for wide angle shots.

The hatches on our kayaks restrict the size of an item that will fit through the hole. If the item does not conform to the specifications listed above, it **WILL NOT fit into the kayak.**

Although our kayaks are able to accommodate a fair amount of equipment, there is a limit. One very important question to continually ask yourself when packing is whether you will really need that item. If it's not on the packing checklist, it's probably not necessary. **If travelling with a partner, see what items can be shared in order to avoid duplication.** If there is any doubt, please contact us.

Organizational Options

Nylon Stuff Sacks

Basic nylon stuff sacks keep gear and clothing safe from occasional splashes and drips. The items in them may be water-proofed if the items are placed in sealed plastic bags or garbage bags inside the stuff sack. Stuff sacks help to organize small items such as clothing, food and camping gear inside larger packs or dry bags.

Nylon mesh bags are great for storing wet gear

Ziplock Bags

They're watertight, come in a variety of sizes, and are easy to open and close.

Dry Bags

Dry bags are tough, waterproof storage sacks made of coated nylon or PVC (a durable, rubberized fabric). They come in a number of different styles and sizes, from large backpack-sized models with built-in shoulder straps to simple, clear-plastic sacks designed to keep small items dry.

Most dry bags are sealed by rolling the collar of the bag down upon itself (as many times as possible), then buckling it closed to seal out water.

Keeping your sleeping bag dry is of extreme importance. Do not rely on the manufacturer's claim that the sleeping bag stuff sack is waterproof. Insert a plastic garbage bag **in the** stuff sack and **then** stuff the sleeping bag in. As additional protection, use two garbage bags inside the stuff sac.

One very important question to continually ask yourself when packing is whether you will really need that item. If it's not on the packing checklist that we provide, it's probably not necessary.