

Kayak gear lists

Kayak

	#	Item Description
<input type="checkbox"/>	1	Kayak with all hatch covers
<input type="checkbox"/>	1	Paddle
<input type="checkbox"/>	1	Spare paddle
<input type="checkbox"/>	1	Spray skirt
<input type="checkbox"/>	1	Paddle float
<input type="checkbox"/>	1	Bilge pump
<input type="checkbox"/>	1	Sponge
<input type="checkbox"/>	1	Compass
<input type="checkbox"/>	1	Maps/charts
<input type="checkbox"/>	1	Tow belt / Throw line
<input type="checkbox"/>	1	Water bottles or water bladder
<input type="checkbox"/>	1	Cockpit cover*
<input type="checkbox"/>	1	Contact tow*
<input type="checkbox"/>	1	Wheeze and straps*

PFD

	#	Item Description
<input type="checkbox"/>	1	Compass (hand held)
<input type="checkbox"/>	1	Knife
<input type="checkbox"/>	1	Signal mirror
<input type="checkbox"/>	1	Whistle
<input type="checkbox"/>	1	Strobe light
<input type="checkbox"/>	1	ID, cash, credit card, car key (in waterproof container)
<input type="checkbox"/>	1	Mini first aid kit
<input type="checkbox"/>	1	Roll of electrical tape
<input type="checkbox"/>	1	CPR mouth shield
<input type="checkbox"/>	1	VHF radio
<input type="checkbox"/>	1	Water bladder
<input type="checkbox"/>	1	Tow belt / Throw line
<input type="checkbox"/>	1	Mini waterproof paper pad and grease pen
<input type="checkbox"/>	1	Small waterproof flashlight
<input type="checkbox"/>	1	Waterproof watch

*optional item

<input type="checkbox"/>	1	Chap stick
<input type="checkbox"/>	1	Signal dye canister*
<input type="checkbox"/>	1	Insect repellent (small)*

Deck bag or Whiskey hatch

	#	Item Description
<input type="checkbox"/>	1	Sun screen
<input type="checkbox"/>	1	Paddle leash*
<input type="checkbox"/>	1	Sun glasses with retaining strap
<input type="checkbox"/>	1	Day/Night flare combo (or flare kit)
<input type="checkbox"/>	1	Hand sanitizer (small)*
<input type="checkbox"/>	1	Instant energy snack (GU syrup or single serve nut pack)

Day Hatch

	#	Item Description
<input type="checkbox"/>	1	Fleece kit (in dry bag)
<input type="checkbox"/>	1	Storm cag (in dry bag)
<input type="checkbox"/>	1	Toilet kit (paper and trowel in dry bag)
<input type="checkbox"/>	1	First Aid kit (in dry bag)
<input type="checkbox"/>	1	Lighting kit (Head lamp, spare batteries, spare batteries for VHF, calumet sticks in dry bag)
<input type="checkbox"/>	1	Bothy or bivvy (in dry bag)*
<input type="checkbox"/>	1	Safety/repair kit (Gorilla tape, screwdrivers, allen wrenches and needle nose pliers that fit kayak hardware or multi-tool, cable ties, spare hatch covers or beach ball)
<input type="checkbox"/>	1	Surf helmet*
<input type="checkbox"/>	1	Lunch (in dry bag for day trip)*

Kayak gear lists

Kayaking Clothes (warm water)

	#	Item Description
<input type="checkbox"/>	1	Paddling shorts
<input type="checkbox"/>	1	Paddling shirt
<input type="checkbox"/>	1	Hat (broad brimmed)
<input type="checkbox"/>	1	Fingerless gloves*
<input type="checkbox"/>	1	Foot cover / Neoprene booties
<input type="checkbox"/>	1	Bandana / buff

<input type="checkbox"/>	1	Beverages*
<input type="checkbox"/>	1	Comb*

Kayaking Clothes (Cold water)

	#	Item Description
<input type="checkbox"/>	1	Base layer like Under Armor cold wear
<input type="checkbox"/>	1	Insulating layer (Use fleece kit)
<input type="checkbox"/>	1	Hat (fleece head cover)
<input type="checkbox"/>	1	Waterproof gloves
<input type="checkbox"/>	1	Neoprene booties
<input type="checkbox"/>	1	Wool socks (for dry suit)
<input type="checkbox"/>	1	Waterproof jacket (or dry suit)
<input type="checkbox"/>	1	Waterproof pants (or dry suit)

After kayaking Clothes (in dry bags)

	#	Item Description
<input type="checkbox"/>	1	Casual shirt
<input type="checkbox"/>	1	Casual pants/shorts
<input type="checkbox"/>	1	Dry shoes/socks
<input type="checkbox"/>	1	Underwear
<input type="checkbox"/>	1	Fleece sweatshirt or wind jacket*
<input type="checkbox"/>	1	Baseball cap*
<input type="checkbox"/>	3	Garbage bag (for wet stuff and to cover car seats)*
<input type="checkbox"/>	1	Cell phone charger*
<input type="checkbox"/>	1	Energy boosting snacks*

*optional item

Kayak gear lists

Kayaking Camping (base)

	#	Item Description
<input type="checkbox"/>	1	Tent (in compression sack with footprint and rain fly)
<input type="checkbox"/>	1	Tent footprint
<input type="checkbox"/>	1	Tent rain fly
<input type="checkbox"/>	1	Poles / Stakes (in sacks)
<input type="checkbox"/>	1	Sleeping bag (synthetic) with liner (in compression sack)
<input type="checkbox"/>	1	Sleeping pad (in compression sack)
<input type="checkbox"/>	1	Tarp (in dry bag)*
<input type="checkbox"/>	1	Tent brush*
<input type="checkbox"/>	1	Camping pillow (in dry bag)
<input type="checkbox"/>	1	Accessories bag with repair kit, bear bells for security, multiple lengths of para cord, work gloves*, bug head cover or bug suit*, cleaning cloth*)

Hygiene bag (use opsacks to mask smells)

	#	Item Description
<input type="checkbox"/>	1	Note: use soap concentrate in kitchen kit as needed
<input type="checkbox"/>	1	Comb / brush
<input type="checkbox"/>	1	Toothbrush, toothpaste, proxy pics* and floss*
<input type="checkbox"/>	1	Required personal medications
<input type="checkbox"/>	1	Deodorant
<input type="checkbox"/>	1	Eazy glide*
<input type="checkbox"/>	1	Shaving kit*
<input type="checkbox"/>	1	Handy wipes*
<input type="checkbox"/>	1	Wash cloth
<input type="checkbox"/>	1	Towel
<input type="checkbox"/>	1	Back up toilet paper (mini roll)

Kitchen Kit (in dry bag)

	#	Item Description
<input type="checkbox"/>	1	Stove or wire rack and fuel

*optional item

<input type="checkbox"/>	1	Cookware and cooking utensils* (i.e. spatula)
<input type="checkbox"/>	1	Utensils (knife, fork, spoon or spork), plates, bowls, mugs
<input type="checkbox"/>	1	Church key style can opener
<input type="checkbox"/>	1	Cork screw*
<input type="checkbox"/>	1	Scrubby (half)
<input type="checkbox"/>	1	Spice selection (onion powder, garlic powder, oregano, pepper, salt)*
<input type="checkbox"/>	1	Condiment selection (non-dairy creamer, sweetener, mustard, ketchup, mayo packs)*
<input type="checkbox"/>	1	Coffee maker (filters)*
<input type="checkbox"/>	1	Garbage bags, ziplok bags
<input type="checkbox"/>	1	Dish towel
<input type="checkbox"/>	1	Waterproof matches, lighters
<input type="checkbox"/>	1	Collapsible chair or sleeping pad chair rig*
<input type="checkbox"/>	1	Camp table*
<input type="checkbox"/>	?	Water bladders* (When carrying water is required)

Optional items

	#	Item Description
<input type="checkbox"/>	1	Shower attachment for water bladders
<input type="checkbox"/>	1	Nose plugs
<input type="checkbox"/>	1	Dive mask or goggles
<input type="checkbox"/>	1	Water cannon
<input type="checkbox"/>	1	Camera and batteries
<input type="checkbox"/>	1	Binoculars
<input type="checkbox"/>	1	Frisbee
<input type="checkbox"/>	1	Reading materials

Kayak gear lists

Kayaking Camping (breakfast w/dry and opsack bags)

	#	Item Description
<input type="checkbox"/>	TBD	Instant oatmeal, cereal, or granola with fruit
<input type="checkbox"/>	TBD	Coffee, sweetener, creamer
<input type="checkbox"/>	TBD	Trail mix (w/o chocolate or carob)
<input type="checkbox"/>	TBD	Pop tarts or fruit filled cookies
<input type="checkbox"/>	TBD	Juice (powdered)

Kayaking Camping (lunch w/dry and opsack bags)

	#	Item Description
<input type="checkbox"/>	TBD	Pita bread
<input type="checkbox"/>	TBD	Single serve Tuna packs
<input type="checkbox"/>	TBD	Hard Cheese*
<input type="checkbox"/>	TBD	Beef jerky*
<input type="checkbox"/>	TBD	Hard salami*
<input type="checkbox"/>	TBD	Cookies/crackers or Jello with fruit

Kayaking Camping (snacks w/dry and opsack bags)

	#	Item Description
<input type="checkbox"/>	TBD	Single serving nut packs
<input type="checkbox"/>	TBD	Gu instant energy
<input type="checkbox"/>	TBD	Peanut butter crackers
<input type="checkbox"/>	TBD	Fruit filled cookies
<input type="checkbox"/>	TBD	Candy / gum

Kayaking Camping (food - dinner w/dry bags)

	#	Item Description
<input type="checkbox"/>	TBD	Wine/alcohol

*optional item

<input type="checkbox"/>	TBD	Mountain House freeze-dried meals--Lasagna, Spaghetti, Pasta Primavera, Chili Mac w/Beef, Noodles & Chicken, Chicken Polynesian, Beef Stroganoff
<input type="checkbox"/>	TBD	Gatorade powder
<input type="checkbox"/>	TBD	Mountain House Desserts: Fruit Crisps--peaches, strawberries, dried strawberries or cookies
<input type="checkbox"/>	TBD	Biscotti

Sample Breakfast (400 calories)

	#	Item Description
<input type="checkbox"/>	2	Hot cereal paks (instant oatmeal) w/ trail mix
<input type="checkbox"/>	TBD	Instant coffee w/sweetener, creamer paks
<input type="checkbox"/>	TBD	Fruit bar
<input type="checkbox"/>	TBD	Juice pak

Sample lunch (250 calories)

	#	Item Description
<input type="checkbox"/>	TBD	Pita bread
<input type="checkbox"/>	TBD	Single serve tuna packs
<input type="checkbox"/>	TBD	Peanut butter crackers
<input type="checkbox"/>	TBD	No fridge bacon*
<input type="checkbox"/>	TBD	Avocado*
<input type="checkbox"/>	TBD	Jello pak with fruit

Sample dinner (800 calories)

	#	Item Description
<input type="checkbox"/>	TBD	Freeze dried entree
<input type="checkbox"/>	TBD	Pita bread
<input type="checkbox"/>	TBD	Biscotti or cookies
<input type="checkbox"/>	TBD	Tea bag w/ sweetener

Kayak gear lists

Snack packs for daytime paddling (morning/afternoon)

	#	Item Description
<input type="checkbox"/>	TBD	Fig Newtons
<input type="checkbox"/>	TBD	100 Calorie nut paks
<input type="checkbox"/>	TBD	Pretzel with cheese paks
<input type="checkbox"/>	TBD	Peanut butter crackers

Cracker barrel (400 calories)

	#	Item Description
<input type="checkbox"/>	TBD	Crackers*
<input type="checkbox"/>	TBD	Cheese*
<input type="checkbox"/>	TBD	Sausage*
<input type="checkbox"/>	TBD	Peanut butter crackers*
<input type="checkbox"/>	TBD	Pickles*
<input type="checkbox"/>	TBD	Crabmeat pak*

*optional item