

Multi-Day Sea Kayaking Gear List

General

- Dry, clean change of clothes to leave in car for when you get back
- Leave a float plan with someone at home so they know where you are, with whom, for how long -contact them when you get off the water so they know you are safe

Boat equipment

- paddle
- spare paddle (one per group of 4 or 5)
- personal floatation device
- whistle
- pump and sponge
- self rescue devices (paddle float, stirrup if needed)
- 50 ft heaving line
- bow line for tying up (15 ft or so –nice to have quick clips to deck)
- chart(s) –good to have laminated in sections
- tide table (required) and current tables (if needed depending on area of travel) in zip lock bag or map case

To Carry in Cockpit or Day locker of Boat

- quick snack like bars, nuts
- water bottle or bag
- toque, gloves or pogies
- clothing layers handy in case you get cold or wet in a small dry bag
- compass (if heading across open water)

Personal Paddling clothing and accessories (varies with the season, cotton is poor choice)

- sunscreen
- lip balm with sunscreen
- waterproof paddling jacket and pants or dry suit
- if no hood on paddling jacket, waterproof hat
- long underwear top and bottom, thermal or merino wool
- fleece jacket or wool sweater and pants for under rain gear
- toque and gloves and or pogies
- rubber boots and wool socks or neoprene paddling boots
- hat with a strap that will stay on in wind
- paddling shorts or wetsuit shorts
- waterproof watch
- sunglasses (with strap if possible) & maybe a spare pair for the group
- swim suit as needed

On Shore Clothing

- dry sandals or shoes
- socks –wool or quick dry
- toque
- gloves (a dry pair in case the ones for boat get wet)
- thermal top and bottom (not the one you paddle in as they may get wet)
- long quick dry (synthetic) pants or zip off pants, if cool weather fleece pants
- shorts (or the zip off pants turn into shorts)
- undies –not cotton if wearing in the boat
- T-shirt
- long sleeved (sun) shirt
- fleece or synthetic fill jacket (down stops insulating when wet)
- may want a second rain jacket for on shore in rainy conditions

On Shore Equipment

- sleeping bag (if down, make sure it will stay dry)
- camping pillow optional, pillowcase to put fleece jacket in also works well
- sleeping mat/pad –highly recommend the comfort and small packed size of 'Synmats' and like
- tent or shared tent space –make sure it can handle west coast rain and wind
- footprint or tarp for under the tent
- tarp with enough line to string up (large one or two may be shared by group, silicone like 'siltarp' are lightest)
- stove & fuel bottles (filled) – two stoves for a group of 4-10 to share
- cooking pots –non-stick made clean up easier, size depends on group size
- dishcloth and tea towel –quick dry better, pot scrubber if needed
- personal bowl and cutlery (a 'spork' –spoon/fork combo saves space) -stacking dishes save space in a group
- mug –if it's cool out an insulated one is great
- personal thermos (fill it with a hot drink before you leave each day)
- headlamp or flashlight –LED are low battery use (spare batteries if needed)
- toilet paper and possibly trowel (some areas have outhouse) in zip lock bag and zip lock bag for garbage
- toothbrush and paste, deodorant, other toiletries (small travel bottles)
- personal first aid kit –things you may need yourself and carry with you
- personal medication
- towel –quick dry pack towel is best and light quick dry dishcloths like J-clothes make a good face cloth
- pocketknife or Leatherman
- lighter/matches/flint
- insect repellent if needed
- spare zip lock bags (can be handy for all sorts of things from leftovers to storage)
- small plastic garbage bags - all garbage comes out with you
- glasses (if needed)
- camp chair can be lovely on a trip (thermarest chair, Brittle Star paddle float/seat)
- small amount of cash (you never know...)
- journal and pen
- basic personal identification including marine radio license if you have one in zip lock bag (you don't need all your cards along)
- contact phone numbers including emergency numbers
- water containers – 2-4 L per day –soft plastic water bags like Platypus are easiest (amount carried depends on water sources)
- water treatment (filter or drops like Pristine)
- camera (optional - make sure it's in a dry box/bag)

Shared gear for group

- first aid kit (in dry bag)
- repair kit
- spare paddle(s) –one per 4-5 people depending on expected conditions
- flares
- kitchen items as above and sharp kitchen knife, light weight cutting board, pot lifter, wooden spoon, 1 cup measure/serving cup, dish pan, dish soap (salt water biodegradable type), possibly outback oven
- VHF radio
- water bags (depending on the trip and amount need to carry)
- cell phone for emergency use
- elastic cord clothesline (doesn't need pins)

- extra rope, bear hang rope depending on location

Packing tips

- dry bags for sleeping gear and clothes especially—make sure they fit in your boat (compression sack for sleeping bag helps)
- long narrow bags work best in the ends of the boat
- heavy things like food should be more centrally located
- try packing your boat on dry land before the trip
- once you've got a system that works for packing, remember where things fit and do that each time

Food

- forming small food groups to share food responsibilities & organization can help
- sometimes bringing own lunch and snacks and sharing breakfast and/or dinner can make it easier
- frozen food works for 1st or 2nd night, some fresh food will keep several days or more, dehydrated food for later in trip
- have a dry bag(s) for food on the bear hang (some areas have lockers for food)

Option extras (if you have, want, & can fit them)

- cards
- book(s)
- binoculars

An idea for peace of mind

- turn your cell phone, smart phone, tablet off –use only for emergency use and enjoy your time in nature