



## Suggested Gear List Kayak Day-Tour

Kayak, paddle, spray-deck, PFD and safety-equipment are provided.  
All these items should fit in a 10 and 20 ltr. drybag (which we will provide).

### - **Personal Gear:**

- ☛ Prescription drugs
- ☛ Sunscreen (high sun protection factor)
- ☛ Lip balm
- ☛ (Bug repellent)
- ☛ (Motion Sickness tablets)

### - **Paddling clothes:**

- ☛ Comfortable (fast drying) pants
- ☛ Rain jacket, rain pants
- ☛ Light fleece sweater
- ☛ Sun hat
- ☛ Sunglasses with sports-strap
- ☛ Sandals or old sneakers (will become wet). No 'flip-flops' please
- ☛ Water bottle (at least 1 litre per person)

### - **Shore clothes:**

- ☛ Warm (windbreaker) fleece sweater
- ☛ Dry pants (no cotton)
- ☛ Dry shoes
- ☛ Socks (pair)
- ☛ (Beanie or toque)