



Suggested Gear List Multi-Day Kayak Tour

Tents, all camping-, kitchen- and cooking gear, all meals and snacks are provided.
Kayak, paddle, spray-deck, PFD and safety-equipment are provided.

All of the following items should fit in one 20 ltr. and one 10 ltr. dry-bag (which we will provide).

- **Personal Gear:**

- ☛ Prescription drugs (please bring extra set for guide to carry)
- ☛ Sunscreen (high protection factor)
- ☛ Lip balm
- ☛ (Bug repellent)
- ☛ Toiletries (toothbrush, toothpaste, biodegradable soap)
- ☛ (Motion Sickness tablets or other over the counter drugs)

- **Paddle Clothes and Paddle Gear:**

- ☛ 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)

- **Camping Clothes and Camping Gear:**

- ☛ Warm (windbreaker) fleece sweater
- ☛ Thermal underwear (synthetic or light wool)
- ☛ Warm pants (no cotton or jeans)
- ☛ Dry comfortable shoes
- ☛ Warm socks
- ☛ Beanie or toque
- ☛ Small flashlight or headlamp (extra batteries)
- ☛ Small towel