

# Tomales Bay Kayak Expedition Packing List

## What to Bring

Summer on the bay typically consists of a mixture of weather conditions. Morning and evening fog are common with the sun burning through most days and wind commonly picking up in the afternoons. Expect lows around 50 with highs in the 70's or better.

Sea Trek provides sit-inside double kayaks that come equipped with sprayskirts. Paddle jackets with neck and wrist closures are made especially for sea kayaking and personal flotation devices (lifejackets) keep us insulated and buoyant while in the water.

Layering clothes works best so that you can easily keep pace with the changing temperature and weather. Your child will want a paddling outfit and a warm on-land outfit

Storage space is limited in the kayaks. Pack your gear in two medium size, nylon duffel bags (12" x 18" approx.) lined with plastic trash compactor bags. Your sleeping bag needs to be in a nylon stuff sack that is also lined with a trash bag. Campers bring their own lunch for the first day.

The following is a list to help insure that your child is safe, warm and comfortable for the week.

### **Clothes and Camping Gear**

- \_ bathing suit or quick drying nylon shorts.
- \_ 2 lightweight, long-sleeve, synthetic or capilene tops
- \_ 2 synthetic lightweight bottoms (lycra bike pants work great also)
- \_ dry set of warm clothes for camp
- \_ wool hat
- \_ nylon rainjacket
- \_ underwear
- \_ 3 pr. wool socks
- \_ footwear that can get wet (old sneakers with wool socks, aqua socks, strap-on sandals, or booties)
- \_ Tennis shoes or light hiking boots for around camp and hiking
- \_ small day pack (for carrying lunch, water, snacks during day hikes)
- \_ 1 small towel
- \_ sunblock
- \_ pair of sunglasses with retaining straps. Polarized are best.
- \_ hat/visor
- \_ lip protection with a high SPF for maximum protection
- \_ water bottle (preferably large mouth for mixing drinks)
- \_ paddling gloves (optional for preventing possible blisters)
- \_ capeline or wool gloves for chilly evenings
- \_ sleeping bag (compact, big cotton bags will not fit in the kayaks)
- \_ sleeping pad (a "closed cell" foam pad or Therma Rest inflatable type)
- \_ personal toiletries
- \_ flashlight and extra set of batteries
- \_ cup, silverware, & bowl or plate
- \_ camera (small point and shoot)