

Sea Trek Guide School Packing List



Packing Guidelines :

This checklist is simply a guideline, so please feel free to adapt according to your previous camping and kayaking experience. If you are unsure about whether or not to bring something on the list please call us to discuss. We will also perform a final "duffel shuffle" and gear check prior to departing for Angel Island, so if there are last minute questions or concerns about gear that can be discussed with the school leaders. There will not, however, be time for going to the store, so if you cannot decide if something is necessary err on the side of caution and bring it along. This program is designed to produce leaders, so the expectation on packing is that you bring everything that you would need to successfully lead a trip, which means ensuring your own comfort. We can always store extra gear in the Sea Trek office.

Air Temperature and Sun Protection :

During March daytime air temperatures in the Bay Area range from the low-50s to the mid-70s with light afternoon breezes. There are occasional late season storms with rain and gusting wind. We have light wetsuits (3 mil) available which consist of a “farmer john” (sleeveless) suit and a wetsuit jacket which fits over the top. Depending upon the water temperature, some students may be more comfortable in a fuller or thicker wetsuit or a drysuit, if you know you are more comfortable in a warmer suit, or if you want to check for fit beforehand (we do have sizes running from XS – XXL) we recommend you bring your own. Thicker wetsuits and drysuits are available to rent from California Canoe and Kayak or Pacific River Supply. We will be practicing recoveries and rescue scenarios, so you will be getting wet and spending time semi-submerged.

What Sea Trek Provides

- All group commissary gear (meals, drinks, stoves etc.).
- A small “library” bag consisting of bird, fish and other interesting natural history books of the area.
- Fiberglass/plastic single kayaks.
- Paddleboards
- Fiberglass Werner paddles, PFDs, sprayskirts and paddling jackets.
- Enough dry bags (2 large/medium and 1 small) for all your clothing.
- Light wetsuits. You are also welcome to bring your own custom gear.
- Nylon Paddle Jacket/Wind Breaker.

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Packing List – What To Bring

Clothing

- 1 thin capilene shirt for paddling: a quick dry material (not cotton).
- 1 long sleeve shirt: some sort of light fabric for sun protection during the day (UPF suggested).
- 3 - 4 extra shirts: some people like 1 more long sleeve shirt (for bug protection if needed in the evening), a shirt to sleep in (the one you always keep clean), a tank top, an extra short sleeve shirt. The mix is up to you.
- 1 fleece sweater: cotton is not recommended
- 1 “puffy” jacket: any warm jacket (down, synthetic), you may not need it, but the Bay Area can get very chilly at night.
- 1 wind/rain jacket: some sort of waterproof / water resistant jacket in case of wind and rain.
- 1 warm fleece hat or beanie.
- 1 sun hat with tie down strap (for wind) secured via a barrel lock.
- 2 pair's shorts: one quick drying nylon for paddling, one for hiking.
- 2 pair socks for hiking or the evening
- 1 pair lightweight pants for daytime sun protection (lightweight, comfortable, non-cotton): any kind of light hiking pants work well).
- 1 pair warm pants for night time warmth: fleece pants work great, or warm long underwear under a second pair of pants is another good option.
- Swimsuit.
- Underwear.

Town Clothes

Casual clothes for before and after your trip can be securely stored inside the Sea Trek office. Please bring an extra duffel bag for this purpose.

Footwear

- 1 pair for walking (e.g. running shoes or light hiking shoes): closed-toes shoes with ankle support are recommended to protect your feet and ankles from loose rocks or branches while walking around the island.
- 1 pair for kayaking (e.g. Teva type sport sandals; neoprene booties or water shoes): sturdy enough to walk over some rocks getting in and out of the water. Sandals without a heel-strap are not recommended for getting in and out of the water or kayaking. “Flip-flop” type sandals are not recommended for kayaking.
- 1 pair of sandals or shoes for camp: some people enjoy a second pair of sandals or Crocs.

Miscellaneous

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- 1 pair paddling gloves: biking gloves work great if you don't have, or don't want to invest in paddling gloves.
- 2 one quart plastic water bottle.
- Pareo or sarong.
- 2 bandannas to clean sunglasses, etc.
- 1 pair sunglasses with retention strap (e.g. Chums or Croakies).
- Waterproof sunscreen.
- Lip protection: any kind of stick with sun protection in it.
- Toiletries: toothbrush, etc.
- Prescription and over-the-counter medications you require (Motion sickness pills if needed).
- 1 Saltwater shampoo and soap: The more biodegradable brands you can bring the better for the environment.
- 1 medium size towel.
- 1 Ditty bag to hold your personal toiletries and medications.
- Head lamp + extra batteries.
- Earplugs: if you are sensitive to sounds while sleeping or if you need them while swimming.
- Battery or solar based charger for electronics if you choose to use electronics on the trip.
- Wallet / Cash / Etc. (Some sort of ID is important to keep with you)
- Insurance Card
- Watch
- Pen and Paper/ journal

Camping Equipment

- Sleeping bag with stuff sack.
- Sleeping pad (self-inflating Thermarest or ensolite foam pad).
- Tent or preferred shelter.

Optional

- Camera (in a waterproof box or bag) and extra batteries.
- Binoculars.
- Reading material.
- Lightweight carabiner or two to clip your water bottle or other gear to other things like your kayak
- Sunglasses / glasses cleaner or wipes (for getting some of the salt off at the end of the day)

Additional comments: Ideally, on the water you are wearing quick drying clothes like a short or long sleeve lightweight capilene (non-cotton) shirt. At night it can get chilly so bring layers and don't forget a windbreaker.