

Tomales Bay Info and Gear Checklist

While out in Tomales Bay, we will be Beach camping every night and carrying 5 days of food, fresh water and group gear in our kayaks, expedition style. There are no showers. Toilets provided by the Park are located at most campsites. Sea Trek provides a toilet system for rustic campsites. **Bring Lunch for Day 1.**

Weather: Summer on Tomales 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.

Provided by Sea Trek Gear: Sea Trek provides sit-inside double kayaks that are equipped with sprayskirts. Paddle jackets and personal flotation devices (lifejackets) are provided for safety. Kitchen, Food and all group gear included.

Packing System: Packing a kayak is similar to packing a backpack. Kayak hatches are small. It is much easier to pack a few small bags than a medium sized duffle into the hatch. We recommend you use nylon stuff

sacks for storing clothes. Then, line the stuff sack with **Trash Compactor bags**. Do the same for the sleeping bag stuff sack. Trash Compactor bags are thick plastic bags that are durable and tend not to rip with use. Or you can use Dry Bags (see checklist below).

Clothing: A layering system of thin layers and one warm fleece jacket works best. Pack synthetic clothing such as nylon quick dry shorts, sports shirts, smartwool, or capalene long underwear. Do not bring any cotton clothing. When cotton gets wet or damp, it does not insulate and becomes useless.

Hygiene: It is easy to stay clean on our trips with a combination of a dip in the bay, handwashing system provided by our guides and by bringing a few babywipes. We also suggest you bring a bandana that can be used as a washcloth with fresh water.

Footwear: Paddling footwear must stay on your feet. Please no flip-flops. A Teva type of sandal that straps to the foot or water shoes are recommended. A pair of old sneakers for camp and day hike.

Equipment Checklist

When organizing your gear, think about your gear in terms of on-water paddling clothing and in-camp clothing. Choose/bring gear that is compact and multi-use. In your kayak, besides carrying your personal gear, you will also be packing tents, backcountry kitchen and group food.

Packing system

- **3 small flexible nylon stuff sacks lined with “trash compactor bags”.** Or 3 small 10-15 liter dry bags is another option. If you don't own dry bags, nylon stuff sacks are more flexible for packing and affordable. **They should be long and narrow shape with approx dimensions of 6 in x 14 inches when full.** [REI](#) has a Lightweight Dry Sack that is a good price and can be used for other outdoor activities.
- **[3-4 trash compactor bags](#)** to line each stuff sack and sleeping bag stuff sack. One brand is BestAir Trash Compactor Bags (16" D. x 9" W. x 17" H).
- Carry your small stuff sacks in a medium lightweight duffle or Ikea type shopping bag.
- You do not need to pack shoes or your cup, bowl & spoon into the nylon stuff sacks or dry bags.

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Sleeping

- Sleeping Bag, small, able to fit into stuff sack with approx. dimensions of 16 inches x 8 inches.** (synthetic, rated to 40° F) lined with Trash Compactor bag. No cotton bags.
- Ground Pad** (minimal size) Essential for sleeping warm and comfortably. Please do not bring the big bulky mega pads. [Thermarest Z pad](#) is sufficient or compact backpacking pad options work well.
- Small day pack** that will carry water, a layer, and camera. This can double as a stuff sack.

Clothing – think about one set of clothes for camp and one set for paddling.

Upper/lower Body- Capelene or poly-pro layers- synthetics or wool like Smartwool

- Fleece jacket or compact lightweight synthetic jacket for camp** like the Patagonia puff jacket or mountain hardware's compressor jacket instead of fleece jacket
- 1 Long Sleeve lightweight synthetic shirt** /paddling
- 1 Long underwear top for sleeping/camp**
- 2 pairs of synthetic lightweight long underwear bottoms/tights/leggings-** one for camp & one for paddling
- Rain/wind Jacket- Camp**
- 2 Synthetic T-shirts-** one for Camp & one for paddling

Lower Body

- 1 pair of **quick-dry shorts** – can use this for bathing suit and paddling
- Long pants/leggings synthetic for in camp** –lightweight nylon type pants
- 3-4 pairs of Underwear-** synthetic preferred
- Bathing suit**

Footwear

Paddling footwear

- Old sneakers, Teva type strap on sandals or water shoes**

Camp shoes

- Old sneakers** for camp shoes and short hikes for dry days.
- 2 pairs of wool, synthetic socks**

Extremities

- Warm hat** -wool or fleece ski “type”
- Sun hat** or visor
- Optional: Camp gloves-** thin wool or synthetic if your hands get easily cold

Food

- DAY 1 LUNCH and morning snacks**

Miscellaneous

- 1 Wide Mouth Water Bottle** (One Quart)
- Bowl, Cup & Spoon/fork**
- Flashlight/Headlamp** with extra Batteries
- Sunscreen/lip screen**
- Toiletries:** Keep it small 9inch x 6inch ditty bag: Toothbrush/toothpaste/ prescription meds in waterproof container / A few baby wipes for personal hygiene
- Sunglasses w\straps**
- Contacts/eyeglasses**
- Small/ compact towel** or bandana