



MOONDANCE
sea kayak adventures

Recommend Gear Checklist

Dress in a few light layers rather than one heavy one. This will allow you to adjust easily to changing weather conditions or activity level. We recommend synthetic or merino wool fibers such as polypropylene or merino wool because of their ability to dry quickly and to retain body heat when wet. Avoid cotton if you can. You will put your feet in the water when getting in and out of the kayak, so be sure to wear footwear that you don't mind getting wet and will help keep your feet protected. Wetsuit booties, sandals, or old tennis shoes work well. Below is a good checklist of items to bring.

BRING:

- Shorts with polypropylene/merino wool long underwear (my personal favorite!) OR Pants that can "push up" to your knee
- T-shirt/Long sleeve shirt
- Insulating layer, such as a long sleeve poly or merino wool layer
- Light Jacket for wind and/or rain
- Rain Pants (If rain is anticipated)
- Hats: for sun or cold
- Footwear: wet suit booties, sandals or old shoes
- Sunglasses
- Sunscreen
- Binoculars (fun if you are a birder)
- Camera
- One quart (at least) of water, if you forget we will provide you with bottled water

REMEMBER:

- Bring at least one quart of water!
- Use your own judgement to be prepared for weather changes.
- You may not need all that is listed, use it as a good reference and check list.

We will provide each person with everything you will need to kayak (spray skirt, pfd, paddle, kayak, safety gear, and guides), along with a personal dry bag that you can store personal belongings in during the trip, such as extra layers, camera, or keys.

For any further questions please contact:

Kristi Kucera
(360) 738-7664