



www.moondancekayak.com

SUGGESTED CLOTHING AND EQUIPMENT LIST Half or Full Day

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 fibers such as polypropylene or nylon because of their ability to dry quickly and polyester fleece for its ability to retain body heat when wet. You will put your feet in the water when getting in and out of the kayak, so be sure to wear footwear that you do not care about getting in saltwater. Wet suit booties, sandals, or old tennis shoes all work well.

BRING:

Shorts w poly long johns (really cool!) <i>OR</i>	Sunglasses
Pants that can "push up" to your knee	Sunscreen
T-shirt/Long sleeve shirt	Binoculars
Insulating sweater: long sleeve fleece	Camera
Light Jacket for wind and/or rain	High energy snacks
Rain Pants	One quart (at least) of water
Hats: for sun or cold	Lunch for full day trip unless catered
Gloves: synthetic or neoprene	
Footwear: wet suit booties, sandals, or old shoes	

REMEMBER:

Bring high-energy snacks and at least one quart of water.
Bring lunch for a full day trip unless it is catered.
Use your own judgment to be prepared for weather changes.
You may not need all of this!