



360-738-7664

www.moondancekayak.com

## Suggested Clothing and Equipment

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. I recommend synthetic fibers such as nylon, polypropylene or polyester fleece because of their ability to dry quickly and 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 wet. My favorite is wet suit booties but sandals work well, too.

### Clothing:

Long underwear: polypro tops and bottoms (1)  
Pants: quick-drying synthetic (1)  
Sweaters/jacket/vest: synthetic pile (1)  
Socks: wool or thick synthetic (2-3)  
Undies (one for each day of course)  
Shorts/T Shirt/tank tops: synthetic (1)

Sun Hat: brimmed  
Warm Hat: wool or synthetic pile  
Mittens/Gloves: synthetic pile  
Paddling Gloves: neoprene or rubberized  
Footwear: for paddling  
Footwear: for camp and walking (I like sandals with waterproof sox)

Rain Gear: top, bottom and hat (raingear that works well can make the difference for a comfortable experience)

### Bring:

Lunch for each day of the trip  
High energy snacks  
Water bottle (filled)  
Small day pack  
Sunscreen/Lip Salve

Sunglasses  
Flashlight or headlamp/Extra Batteries  
Personal toiletries  
Toothpaste ,biodegradable soap  
Towel: quick dry synthetic  
Insect repellent (optional)

### Equipment:

Tent: in good condition with a full rainfly and ground cloth  
Sleeping Bag: rated for temperatures to 20 degrees F.  
No cotton please!  
Sleeping Pad  
Camp pillow is nice

### Extras:

Camera Gear: protect from salt water  
Pocket Knife  
Binoculars  
Compass (optional)

Fishing Gear/License (optional)  
Book  
Drawing or Writing Material

### Remember:

Be prepared for weather changes.  
Use 'dry bags' or waterproof your nylon sacks by lining them with plastic bags.  
Pack several small bags rather than one large one.  
Four small (10 L) dry bags should be sufficient for gear other than lunches, sleeping bag, pad, and tent.  
Pack compactly. This makes loading the kayaks easier.  
Bring high-energy snacks, lunch food, and at least one quart of water. Water for the rest of the trip will be provided.

You may not need all of this. Use your own judgment to be prepared!