



**Alumni Sea Kayaking Trip, Baja California, Mexico
2008
Equipment List**

NOLS PROVIDES:

Kayaks and associated equipment (including PFD's and paddle jackets), first aid kits, charts, food, books and field guides, cooking gear, tarps, marine radio, wetsuits, fishing equipment

Please bring the following equipment for your time in the field.

Sleeping

sleeping pad and stuff sack (Thermarest or similar)
synthetic sleeping bag (rated to -7 celcius), and stuff sack

Outer Layers

- 1 lightweight rain jacket
- 1 pair of lightweight wind proof pants

Upper Body Layers

- 1-2 warm layers (200weight fleece or puff jacket)
- 1-2 mid weight synthetic long sleeve shirts
- 1 long sleeve cotton shirt
- 3-4 T-shirts (cotton or synthetic)
- 1 swimsuit
- 1 cotton long-sleeved shirt or lightweight synthetic shirt to wear while paddling (for sun protection)

Lower Body Layers

- underwear (as many as you feel you need)
- 1 pair of shorts to wear in the water or while kayaking (synthetic)
- 1-2 pairs of shorts to wear in camp (synthetic or cotton)
- 1 pair cotton or synthetic pants

Head

- 1 sun hat (preferably wide-brimmed) or baseball cap
- 1 warm hat

Feet

- 1 pair approach shoes or light hiking shoe
- 1 pair close toed wet shoes for wearing while paddling (protection from elements)
- 1 pair Chacos, or other sandals
- 2-3 pairs of lightweight synthetic socks

Other

- Sunglasses with retaining strap
- Sunscreen
- Lip balm
- Stuff sacks or mesh bags (for organization; no bigger than 20 liters)
- Bowl, Mug, Cutlery
- Thermos
- 1 liter Nalgene bottle or similar
- Camel Back or similar hydration systems work great for paddling
- Toiletries
- Watch
- Headlamp/batteries
- Mask, fins, snorkel (if you have your own and would like to use, otherwise the school provides)

OPTIONAL

- Camera with waterproof bag/case
- Rash guard (for sun protection)
- Light clothing for sleeping
- Camp chair (Crazy Creek or similar)
- Binoculars with waterproof case
- Bandana
- Your favorite coffee or tea

If you have your own paddling gear and want to use it, please feel free to bring it along.