

Rocky Mountain Sea Kayak Club Trip Supply List

Deciding what to take on a sea kayak trip depends on several considerations, such as length of trip, location and climate, and the holding capacity of your boat as well as the numbers of kayakers in your group. Two or more kayakers will allow you to eliminate duplicate items and evenly distribute gear among paddlers. Obviously, the gear needed for an overnight trip on an inland reservoir will differ from an extended trip taken into the wilds of Alaska.

The three checklists below are cumulative, and each type of equipment is listed only once. If you are packing for a weekend trip, check the day-trip list, too. Though some of the items listed here are not necessary on every outing, you may wish to consider carrying them for safety or comfort depending on the destination and conditions. Some items are quite optional and depend on your preferences.

Day Trip

Weekend

Extended Trip

<p><u>Boat Equipment</u></p> <ul style="list-style-type: none"> • Kayak • Paddle/spare paddle • Spray skirt • Paddle leash • Life vest • Bilge pump • Sponge • Compass <ul style="list-style-type: none"> • Map/charts • Tide/current chart • VHF radio • GPS unit • EPIRB unit • Headlamp/flashlight • Small dry bag • Anchor • Deck bag 	<p>Add:</p> <ul style="list-style-type: none"> • Basic Kayak repair kit • Dry bags for clothing, sleeping bag, etc. 	<p>Add:</p> <ul style="list-style-type: none"> • Class B IPRIB for remote coasts where VHF coverage is poor • Shore survival kit for wilderness coasts (basic shelter, fire, food, and signaling items in compact case to be carried on-person) • Extensive kayak repair kit
<p><u>Clothing</u></p> <ul style="list-style-type: none"> • Dry/wet suit • Paddle jacket • Footgear/wading shoes • Paddle gloves/pogies • Rain Gear • Hat/sunglasses • Change of shoes • Dry change of clothes 	<p>Add:</p> <ul style="list-style-type: none"> • Polypro, fleece, pile for wicking and fast drying • Long underwear • Pants/jacket • Vest/wind stopper • Socks/gloves • Warm hat • Hiking shoes 	<p>Add:</p> <ul style="list-style-type: none"> • Multiple day clothing supply • Plan for all weather conditions
<p><u>Food</u></p> <ul style="list-style-type: none"> • Snacks/lunch • Water Bottle • Energy bars 	<p>Add:</p> <ul style="list-style-type: none"> • Cook set/stove/fuel • Dishes/utensils • Extra water containers • Trash bags/zip-lock bags 	<p>Add:</p> <ul style="list-style-type: none"> • Soap that will suds in sea water • Water purification system
<p><u>Personal Gear</u></p> <ul style="list-style-type: none"> • Water bottle • Sunscreen/lip balm • Pocket knife • Bug repellent • Binocular/camera • Personal identification 	<p>Add:</p> <ul style="list-style-type: none"> • Boom box/Toilet articles • Towel/biodegradable soap • Toothbrush/paste • Sleeping bag/pad/pillow • Tent/ground cloth • Fishing gear 	<p>Add:</p> <ul style="list-style-type: none"> • Shower components
<p><u>Emergency</u></p> <ul style="list-style-type: none"> • Distress signaling device: flares/mirror/whistle • Paddle float/stirrup/sling • Money for phone • Waterproof matches/candle • Small tarp • Tow rope • Chemical heat packs 	<p>Add:</p> <ul style="list-style-type: none"> • Money for camping fees, if necessary • Candles/lantern • Small shovel • Saw/ax 	
<p><u>First Aid/Emergency Medical Kits</u></p> <ul style="list-style-type: none"> • Pain reliever • Band-Aids • Ace bandage • Sterile compress • Adhesive tape • Zinc oxide ointment • Insect/snake bite kit • First aid book 	<p>Add:</p> <ul style="list-style-type: none"> • Stomach upset pills • Fast-acting emetic or laxative • Burn ointment • Butterfly closures • Tweezers • Seasickness remedy 	<p>Add:</p> <ul style="list-style-type: none"> • Antibiotic pills • Antibacterial ointment • Giardia pills <p><i>**Emergency medical kits for all types/lengths of trips can be purchased, check your supply catalogs for details.</i></p>