

Sea Kayaking the Caribbean

Adventures in Good Company's suggested packing list

Please pay attention to the amount of personal trip gear as space in the kayaks is limited. Don't bother buying fancy new gear for your trip. Comfortable clothes and used gear is best for saltwater camping. Light colored clothing is also preferable to keep you cooler in the sun. Our outfitter will be providing us with dry bags to pack our gear in for kayaking. They will also provide us with sleeping pads (full length inflatable Thermarests), two person tents, and fleece sleeping bag liners. Luggage and extra clothing can be left on St. John's.

FOOTWEAR:

- 1 pair Teva/Chaco sandals, river shoes, or dive booties for loading and unloading kayaks in water.
- 1 pair sturdy walking shoes: light boots, athletic shoes
- 2 - 3 pair socks: wool or synthetic equivalent (Thorlo, Smartwool, running socks, etc.)
- 1-2 pair liner socks (like Smartwool) Optional but some people like wearing these with their water shoes to help prevent blisters.

CLOTHING

- 1 pair lightweight pants: light wool or synthetic equivalent (Supplex, or nylon/polyester/spandex blend)
- 1-2 lightweight long-sleeved shirts
- 1 lightweight raincoat with hood - good quality "waterproof" PVC coated nylon, e-vent, or Gore-Tex. "Water resistant" rainwear is **not** recommended.
- 2 pairs of shorts: Quick drying nylon is recommended
- 2-3 t-shirts (synthetic for paddling is recommended)
- 1 wind jacket (your rain jacket may work for this layer)
- 1 wide-brimmed hat, for rain, sun and high fashion (a string tied to the hat will keep the wind from blowing it away)
- 1 lightweight fleece jacket, fleece sweatshirt, or other warm layer.
- underwear
- 1-2 bathing suits (nylon shorts and a running bra also work as swimwear)
- 1-2 sets comfortable clothing to wear around camp and in town

ESSENTIALS

- Passport** and Xeroxed copy
- 1 one-quart water bottle (provided while kayaking)
- 100% UV sunglasses with case and retention strap
- sunscreen and lip protection with an SPF of 15 or greater
- small day or fanny pack for day use (hiking)
- small* dry bag to carry wallet, passport, sunscreen, etc. for day use while paddling
- snorkeling gear (mask, snorkel and fins - can rent on St. John's)
- bandanna
- headlamp or flashlight and extra batteries
- Insect repellent

TOILETRIES (small everything)

- small to medium-sized towel (like a PakTowl)
- tampons or pads in ziplock bags
- biodegradable soap (not Dr. Bronners), toothbrush, paste, dental floss, lotion, extra contact lenses/glasses. Please minimize the amount of lotions, shampoo and soap you bring. Washing will often be done with salt water.
- personal "patch kit": bandaids, moleskin, ibuprofen, seasick medication (if tendency to motion sickness), and personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician.

OPTIONAL PERSONAL GEAR

- binoculars
- pocket knife
- journal and pen
- waterproof camera bag
- camera, film/memory card, and an extra camera battery
- your favorite snack (we will also provide group snacks periodically during the day)
- powdered hydrating drink mix (Gatorade, lemonade, etc.)
- small games, kites or toys
- compass
- extra sunglasses
- gloves for paddling
- book
- watch: water resistant
- Small camping pillow
- camp chair (Crazy Creek type)