



## Surf and Turf Adventures, LLC Kayaking Gear List

**B**elow is a list of basic gear you will need for your course. Any time you go paddling you'll need to take into consideration: air temperature, water temperature, cloud cover, precipitation, etc. One rule to follow: expect to get wet and dress accordingly.

### **Required Personally Supplied Items (You must bring these with you!)**

**Bathing Suit and Towel:** Because you will get wet on this ride.

**Synthetic Sweater and/or Long Underwear:** Synthetic fibers dry quickly and help keep your body warmth in when it's cold out. Avoid any cotton garments, a.k.a. "the death fabric", for the class and when paddling. Even in the summer, cold water, wind and wet cotton can be a deadly combination.

**Water Bottle/snacks:** A hydrated paddler is a happy paddler. Bring some snacks too, such as trail mix, candy bars, fruit and energy bars.

**Footwear:** Nearly 90% of all paddling injuries occur from walking around with bare feet. Protect your toes with water shoes (preferred), river sandals or neoprene booties. Some folks also wear fleece or wool socks for extra warmth.

**Brimmed Hat or Visor:** Bring a hat to protect your head and face from the sun's harmful rays and avoid heat-related illness. And don't forget the Sunscreen.

**Sunglasses:** Keep these handy for the same reason as your sun visor. They can also score big points in the coolness category. Don't forget the retainer strap.

### **Required Items (Provided in cost of class):**

**Personal Flotation Device (PFD or A.K.A. "Life vest"):** US Coast Guard regulations require that each watercraft passenger at least carries a wearable PFD (Class III or V in flotation rating). The American Canoe Association requires that PFDs must be worn during all ACA sanctioned programs.

**Spray Deck (A.K.A. "spray skirt"):** Worn around the waist of a kayaker and closes around the cockpit of the kayak to keep water from entering the boat. Don't worry, the skirt does little to hold the kayaker in, and comes with a quick release strap.

**Whistle:** Or other audible signaling device, attached to your PFD for easy access. Useful for getting attention during an emergency and warning other watercraft of your presence. Required by the Coast Guard on large bodies of water.

**Nose Plugs or Clips:** Designed for paddlers who plan to roll upside-down, but can't seem to stop themselves from inhaling.

**Dry Bags:** Rubberized gear bags have sealed openings for keeping your stuff inside and water outside. Use a dry bag for storing extra clothes or snacks in your boat.

### **Non-required Items (Personal or provided for an additional fee):**

**Wet Suit:** Worn right next to your skin, wet suits can be a lifesaver when submerged in cold water. The neoprene material holds in a thin layer of water as a thermal barrier against the outside cold water.

**Paddling Jacket/pants:** Specially coated nylon or Gore-Tex garments with neoprene cuffs and collars are water and wind repellent for keeping splashing water and cooling wind off your skin. They will keep you semi-dry when you roll upside-down.

**Dry Suit:** Although relatively expensive, the dry suit is the ultimate piece of clothing for cold water paddling. It is similar to the paddling jacket, except the cuffs and collar are sealed with flexible rubber gaskets. The gaskets form a snug seal around the neck, wrists and ankles to keep you completely dry, even when submerged.

**Gloves or Pogies:** Helpful for keeping your hands warm and nimble on cool or windy days. Pogies are large mitten that attach around the shaft/handle of your paddle. Some folks also like to wear gloves when it is warm to improve their grip and to prevent blisters.

**First Aid Kit and Duct Tape:** Take along a well-stocked repair kit for your body and boat whenever venturing out into the wilderness. There are several varieties of ready-equipped first aid kits some of which come with their own dry bags.