

PACKING LIST & TIPS

Portland Paddle will provide...

- Sea Kayaks
- Paddles
- Personal flotation devices (PFDs, otherwise known as lifejackets)
- Spray Skirts
- One medium-sized dry bag (15L) and one small-sized (5L) dry bag per person, plus drybags for group food (**additional personal dry bags available for rent**)
- Drinking water (there's no freshwater on the islands)
- First Aid kit
- Toilet paper and "wag bags" (on some islands we must carry off human waste)
- Tarp
- Small lamp
- All meals and snacks, **starting with dinner of the first night**
- Utensils, bowls, plates, cups.
- Stove, pots, pans, etc.
- Soap and sponge
- Lighter or matches

Available for Rent...

- Wetsuit (for warmth while paddling and in case of immersion) (\$15)
- Neoprene socks or booties (\$5)
- Drysuit (good for early and late season paddling) (\$25)
- Additional Dry Bags (\$5 each)

Participants should pack...

When packing keep in mind that the coast of Maine is a rugged environment that is subject to extreme weather conditions that change quickly. You should be prepared for hot and humid weather as well as cold and rainy weather. You might experience both extremes in the same day. In general it's best to avoid cotton clothing, which won't keep you warm when wet.

CAMPING GEAR:

Most participants bring their own sleeping bags and sleeping pads. However, we have a limited supply of these items to rent. If you aren't able to provide your own let us know in advance. The rental costs listed below cover the use of the item for the length of the trip.

- Sleeping bags (available to rent for \$20)*
- Sleeping pad (available to rent for \$15)

- Tents (no additional charge, but please let us know if you will be bringing your own or would like to borrow for your group)

*Please note: sleeping bags should be compressible, backpacking style bags. They need to be able to fit through a hatch opening 12" x 8" in order to stay dry inside of your boat.

SUGGESTED PERSONAL ITEMS:

- Lunch for the first day
- Sun protection -- sunscreen, sunglasses (w/ tether), hat with visor
- Water bottle
- Fleece or wool top
- Headlamp, or other type of small flashlight
- Non-cotton long underwear tops/bottoms or similar items to keep warm.
- Swimsuit
- Rainjacket
- Rain pants (or quick-drying pants of some sort)
- Extra pants and shirt to wear while on land
- Warm hat
- Warm socks (a couple pairs)
- Watershoes, sandals or an extra pair of shoes that can get wet (neoprene booties available for rent)
- Personal hygiene/health items (toothbrush, toothpaste, contact solution, medications).

OPTIONAL ITEMS:

- Gloves (to keep warm and/or avoid blisters from paddling)
- Waterproof binoculars
- Camera (with batteries & memory cards)
- Book to read (or nature guidebook)
- Small towels
- Insect repellent
- Mosquito netting
- Frisbee, ball, cards, portable board games, etc.
- Any necessary medications or other health-related items

***Let us know if you are missing any gear that's needed for the trip. We may be able to provide what you need. ***

A FEW TIPS ON PACKING A SEA KAYAK

We will provide one medium dry bag per participant plus a small "day items" dry bag and few larger dry bags for group gear. Additional dry bags are available for rent, though most people find they actually don't need any more! Embrace living simply for a few days! We suggest that

you pack anything that should not get wet (clothes, headlamp, book, etc) in a dry bag and leave out anything that can get wet (water bottle, sunscreen, etc). We will offer advice on packing the boats when you arrive, but here are a few thoughts to get you started:

- Weight is less important than volume when packing a kayak. Try to keep things as compact and small as possible so they easily fit into the kayak's hatches and then can be stuffed further into the kayak.
- Keep in mind that it may be best to pack some large items outside of your dry bags. For example, it's okay if a container of sunscreen gets wet as long as it's tightly sealed, so it does not need to take up valuable space in a dry bag.
- Kayaking is inevitably a wet sport and you can assume that you and everything in your boat will get damp or wet from dripping and splashing. A little bit of dampness is fine for many things. Items that should stay fully dry must be in a dry bag or in a rugged plastic garbage bag or zip-loc bag.
- If your sleeping bag stuff sack is not waterproof, place a plastic garbage bag inside a stuff sack and then stuff the sleeping bag inside both. Make sure it is compact and sealed well. This can also work for any other gear you want to keep dry.
- The clothes you wear while paddling will likely get damp, so bring something else comfortable to wear on the island.
- Separate your items into things you need easy access to while paddling (water, camera, snacks, etc.), and those you only need while camping on the island. You can keep the first group of items between your legs or behind your seat while paddling.