



Suggested gear list for overnight sea kayak trip

The highlighted equipment are compulsory items that you MUST bring with you as a minimum safety requirement. Your instructor will ask to see these items before you start your journey.

PERSONAL GEAR	
BAG	Large enough to hold everything you need for the journey. You will have about 70L of space in the kayaks for your personal gear.
SLEEPING BAG	Down packs smaller and are lighter than synthetic. A compression sack is great for packing down larger sleeping bags.
SLEEPING BAG LINER	Optional. Great for a bit of extra warmth during winter seasons/
BEDROLL IS PROVIDED	Foam or inflatable. This is necessary to keep you insulated from the ground.
WATER BOTTLE	Minimum 3L. Typically, water is only available to be refilled at camp. Water bladders are great but not necessary.
TOILET PAPER	In a zip lock bag
WET WIPES	Great for a 'bush shower'. These will need to be carried out as rubbish and are not to be disposed in the toilets provided at camp.
SUPERMARKET BAG	To carry out your rubbish.
PERSONAL 1 ST AID	Personal medication , blister tape, plasters, pain relief.
SUN BLOCK	A good idea to put a small portion/enough for the amount of days you are away into a small container
INSECT REPELLENT	Optional
TOOTHBRUSH/TOOTHPASTE	
UTENSILS/PLATE/CUP	You don't need a full dining set. Only pack what you plan to use. If cooking alone, you could eat from your pot. Do you need a plate or can you eat from your bowl for breakfast and dinner?
HEAD TORCH	With spare batteries

CLOTHING	
WATERPROOF RAIN JACKET	With a seam sealed hood and preferably breathable. Lightweight nylon jacket, ski jacket or hooded down jackets are NOT appropriate.
WATERPROOF OVER TROUSERS	Optional. Only recommended during winter months at camp to provide insulation around camp. Not recommended while walking/
CAMP SHOES	Footwear that you are happy to walk approx 20 minutes in and use around camp
KAYAK SHOES	Slides, jandals, aqua socks, dive booties, crocs or old sport shoes as will get wet
THERMAL LONG SLEEVE & BOTTOMS X2 EACH	Polypropylene or Merino..
WARM BEANIE	
WARM JUMPER	Fleece or wool. NOT cotton.
FLEECE PANTS	Optional but recommended. Great for camp during winter months.
DOWN JACKET	Optional
SOCKS	2 pairs. Avoid cotton.

SHORTS/SPORTS TIGHTS & T-SHIRT	You only need 1 of each. Quick dry sport fabrics are great. Avoid singlets (rubbing of shoulder straps)
UNDERWEAR	A pair for each night away.
SUNHAT, SUNGLASSES, GLOVES	Optional.

GROUP GEAR TO SHARE / THE BELOW IS ALL PROVIDED BY US	
TENT	Large enough for your camping group. Not too big or heavy.
COOKER, GAS CANISTER	Preferably a cooker that is low to the ground, not directly on top of the gas bottle for safer handling.
POT/PAN	You don't need to bring a full set I you only plan on using the 1 pot.
WASH UP KIT	Biodegradable detergent is preferred. Scourer/Sponge

COTTON CLOTHING IS HAZARDOUS: Cotton holds water & draws heat from the body. A person wearing wet cotton will get cold quickly even if protected from wind & rain. Once wet, cotton is heavy & will not dry during the kayak trip.