



## Equipment/Gear list for 5 Day Skills Workshop

### **Kayaking Equipment**

*If you are bringing your own kayak, please make sure you have the first five items; those renting from H2O will be provided these*

- 16-17' kayak with adequate floatation (bulkheaded compartments or air bags) if you have your own
- PFD with whistle
- Spray skirt (required to be worn),
- Paddle
- Bilge Pump & sponge
- Chart case & chart of the area (NOAA chart 13290 or Waterproof chart 101 or 101E - large print)
- Orienteering (handheld compass) and a deck compass
- 1-2 Dry bags to carry any personal items in
- 1 quart water bottle or other hydration system

### **Paddling Clothing**

- Farmer john/jane wetsuit or drysuit (wetsuits are available from H2O for no additional charge)
- Bathing suit or swim trunks to wear as base layer
- Long sleeve long underwear top (synthetic or wool) - this is your **Wicking** layer; if wearing a drysuit should have bottoms as well.
- Fleece or wool layer (this is your **Warmth** layer)
- Paddling Jacket or Gortex shell (this is your **Weather** layer)
- Paddling footwear - closed toe footwear recommended
- Hat with a visor with either a chin strap or a hat clip in the event of high winds
- Fleece or wool hat
- Towel for changing at end of each day

### **Other Necessary Items**

- **Mask (required on land)** and hand sanitizer
- Personal first aid kit with any medications
- Sunscreen
- Sunglasses with safety strap and cleaning cloth plus a spare set
- Regular glasses or contacts, if needed, with necessary supplies
- 1 gallon water/day - we have no place to fill up water at our location
- Personal snacks that can be carried in a PFD pocket - granola or protein bars, cheese sticks, gorp,

### **These items are highly recommended so bring them if you have them**

- VHF radio
- Towbelt
- Signaling devices - flares, mirror, smoke, dye, handheld flares, rescue flag
- Paddling gloves or pogies (optional)
- Collapsible or foldable Camp chair
- Thermos or small personal stove like a Jetboil

