

Lost Creek Adventures

Sea Kayak Camping Trip Packing List

✓	ITEM - Clothing	NOTES
Note: The following are suggestions for specialty clothing IN ADDITION TO your normal clothing choices such as socks and T-shirts. *Means these items are available through our outfitting shop.		
	Pants: For sun and bugs. Quick dry is better than cotton.	
	Shirts: long sleeve quick dry is good for sun protection, but not great for warmth.	
	Long underwear top and bottom. (non-cotton) for warmth	
	Sweater or fleece jacket (non-cotton)	
	Rain gear: Doubles as windbreaker. Helps with splash, bugs, etc.	
	Hat for sun and rain*	
	Hat for warmth such as fleece or wool	
	Bathing suit (can double as shorts)	
	Paddling gloves: Good for sun and blister protection*	
	Sturdy water shoes (i.e. NOT flip flops)	
	Camp/hiking shoes	
	EXTRA clothing for your day 1 Safety Course	(Quick dry bathing suit)
✓	ITEM - Camping Gear	NOTES
	Sunglasses*	
	Sun Screen*	
	Water bottle* 1-2 liters	
	Sleeping bag - summer weight, small and packable.	
	Sleeping pad - inflatable is best and more comfy, but closed cell foam will work.	
	Insect repellent*	
	Flashlight* - Headlamp style is best	
✓	ITEM - Other	NOTES
	Personal prescribed medications	
	Toiletries	
	Extra prescription glasses	
✓	ITEM - Optional but nice	NOTES
	Small daypack for potential hikes	
	Quick dry camp towel	
	Camp Pillow	

	Dry Bags - We supply, but if you prefer to bring your own keep it small in the 5 to 10 liter size range.	
	Binoculars	
	Camera	
	Book, small game, cards, good jokes...	
	Mosquito head net (June trips)	
	Cash: For lighthouse tours, normally \$5/person (optional)	

What's included?

For all-inclusive overnight trips, we provide phenomenal guides, your boat package, (boat, spray skirt, paddle, bilge pump, paddle float, wetsuit, sponge) tents, tarps, kitchenware and food, campsite reservations and route planning, first aid supplies, boat repair supplies, and shuttles to and from our base in Cornucopia. ***If you would like to substitute any of the above with your own personal items please contact us so we can plan accordingly.***

Packing Hints

- ❖ Clothing: For safety in cold water we wear 3mm wetsuits when doing crossings from island to island. Under the wetsuit you will want to wear minimal quick dry clothing such as a bathing suit. Over the wetsuit you will choose a cooling layer (such as a thin cotton shirt) or a warm layer. (Such as rain/wind jacket or fleece) Pack one set of ***quick-dry*** clothing for paddling/on-water, one set of whatever you like for camp, and a clean set to sleep in. Also, you will get wet the first day during our safety course, so you may want to bring an extra set of on-water clothing to change into.
- ❖ Footwear: Water shoes are ok but will get sand in them. Some people prefer buckled sandals (rather than Velcro) that sand will wash out of and stay on your feet. Barefoot is OK on some beaches, but not all.
- ❖ Kayaks have adequate storage space, but the hatch openings are small. You will want to pack items into several smaller containers rather than a few big ones. We have dry bags for your use, but you may want to come prepared with items organized in zip-lock bags.
- ❖ Tips/money: Your trip is all-inclusive, but you may wish to consider a gratuity for your guides. 15-20% of your trip cost is typical. We also have some books, local souvenirs and t-shirts/caps for sale at the shop.