

SEA KAYAKING CLOTHING & EQUIPMENT LIST

YOUNG LIFE BEYOND MALIBU

The following list of clothing and equipment is essential for your health and safety. We will be traveling in spectacular and remote country where our lives will literally be dependent upon our gear. The weather is unpredictable and each person needs to be prepared for varying conditions.

It is important to pay attention to the material that is listed below. Where it says **WOOL**, bring wool, unless you substitute with an approved substitute. Wool insulates when wet and allows for ventilation due to its fiber structure. Two good synthetic materials which are as effective as wool are **FLEECE** (some trade names include **Polartec** and **Synchilla**) and **POLYPROPYLENE (Capilene or Polyester)**. Feel free to substitute either or both of these for any wool item listed below. However, they are usually more expensive so don't go out and buy them unless you are planning to use them after Beyond. Other than these substitutions, please follow the clothing and equipment list as closely as possible. Make no other substitutions! Please call us for further information regarding materials or equipment listed. We recommend a visit to an outdoor store to talk with knowledgeable people.

These items will be less costly if you:

1. Borrow as much as possible. Equipment is costly and unless you are outside a lot you might be better off borrowing instead of buying what you may use very little later. Beyond is not the place to be fashion conscious.
2. Buy used gear. Some excellent resources are Army/Navy surplus stores, Goodwill, Value Village, Salvation Army and second-hand sporting goods stores (such as Second Ascent in Seattle).

REQUIRED CLOTHING AND EQUIPMENT

For Sea Kayaking Trip:

UPPER BODY LAYERS

- ___ 1 cotton or cotton-blend shirt (to be worn at camp)
- ___ 1 Polypropylene short-sleeved top
- ___ 1 Polypropylene long sleeved top
- ___ 1 Medium weight wool sweater, fleece top or a heavyweight polypropylene top
- ___ 1 Heavy wool sweater or fleece jacket
- ___ 1 Rain top with a hood: jacket or anorak. As this is a crucial item, it is important that it be made either of coated nylon or equivalent fabric. Vinyl or plastic jackets are also good options. Gore-Tex works fine as well.

LOWER BODY LAYERS

- ___ 1-2 Sets of underwear (shorts with quick-drying liner work well). Suggestion for women: athletic/jog bras are the most comfortable to wear. (Again, **not cotton**)
- ___ 1-2 Pair shorts-Lightweight nylon swimming style shorts with liner work well (not cotton)
Women often prefer a one-piece bathing suit with nylon shorts.
- ___ 1 Pair polypropylene or similar fabric (most comfortable) or lightweight wool (no cotton!) long underwear bottoms.
- ___ 1 Pair wool trousers or fleece pants
- ___ 1 Pair rain pants: Again coated nylon or other similar material recommended.

HEAD and HAND LAYERS

- ___ 1 Wool or fleece stocking hat (NO ACRYLIC)
- ___ 1 Baseball cap or sun visor
- ___ 1 Pair wool or fleece gloves or mittens

FOOTWEAR

- ___ 2 Pairs heavy wool socks
- ___ 2 Pair old, lightweight sneakers (Nylon runners are best because they are light and dry easily)
 - One pair for camp
 - One pair will be your water shoes to be worn for boating activities.

Proper footwear is extremely important. The beaches are rugged with sharp rocks and shells therefore, adequate protection is necessary. A stiff sole with full foot protection (such as a running shoe) for walking and carrying kayaks on the beach will work well. Neoprene Booties with a durable rubber or felt sole are an acceptable alternative. No sandals please.

MISCELLANEOUS ITEMS

- ___ 1-3 Bandannas (these are used for everything from washcloth to sweatband)
- ___ 1 Pair sunglasses-the darker the better (100% UV protection). A strap to hold glasses on is highly recommended. (can be bought or made)
- ___ 1 Headlamp or small flashlight with extra batteries
- ___ 1 Bible (with Old Testament and Psalms preferred)
- ___ 1 Small notebook and ballpoint pen or pencil
- ___ Toilet items: Toothbrush and small toothpaste, a small bottle of biodegradable soap (for base camp only) a small comb, female necessities, contact lens supplies, etc. You may want to store these in small plastic baggies. **NOTE: If you wear glasses, they should be held on with a strap. NO MAKEUP, DEODORANT, HAIR SPRAY, ETC!**
- ___ 1 Small bottle of sun block, 25 SPF or greater
- ___ Lip balm with sun block (15 SPF greater)
- ___ 1 small bottle of insect repellent
- ___ 1 small bottle of hand sanitizer
- ___ 1-2 Water Bottles (1 Liter)

For Pre Trip:

These items are for the pre-trip preparation time. You will get wet as we practice and learn skills.

- ___ Swimming suit (one piece for coed trips)
- ___ Towel

For Returning Home:

- ___ Have one set of clean clothing that you can wear home. (You will not take these with you on the trip)

Optional Equipment:

(These Items are not essential but, if you have them, would be beneficial to bring)

- ___ 1 Sleeping bag in a stuff sack. A bag with synthetic material such as quallofil, hollofil, polar guard as insulation is far superior to down in the coastal climate. Don't bring down unless you can't get anything else. Even then, we may ask you to use one of ours on the trip.

- ___Gloves for paddling (neoprene, bicycle gloves or pogies)
- ___Neoprene wet suit booties
- ___Ensolite blue foam or Therm-a-rest sleeping pad
- ___Crazy Creek or Therm-a-rest chair
- ___Camera and film in waterproof case. Waterproof disposable cameras work well.
- ___Stuff Sacks or Dry Bags **20L or less** for packing gear into
- ___1 Small pocket knife (Not a big hunting knife)

BEYOND WILL PROVIDE: All other necessary paddling gear and equipment (including tents, stoves, fuel, food, first aid supplies, eating utensils, boats, paddles, lifejackets, spray skirts, emergency equipment).

BEYOND CAN PROVIDE: Sleeping bags, foam sleeping pads, water bottles, and bags for packing. If you have these items, bring them.