

## Recommended Gear and Safety Equipment for Extended Trips

- A sea kayak for saltwater environments with rudder or skeg suitable for open water, or a canoe for freshwater paddling
- Lightweight paddle and spare paddle
- Spray skirt/cockpit cover
- U.S. Coast Guard approved personal flotation device (readily accessible)
- Marine whistle, bell or horn within easy reach
- Flares and flare gun
- Marine radio
- Waterproof GPS and extra batteries
- Deck compass for open water paddling
- Pertinent maps, NOAA charts and tide charts
- Cell phone (although some areas may be out of range)
- SPOT personal satellite tracking system (can give outgoing message where cell phones do not work)
- First aid kit (ace bandage, butterfly bandages, asst. bandaids, snake bite kit, moleskin, eyedrops, tweezers, scissors, cold/hot pads)
- Medication (bi-ox, Tylenol, anti-itch cream, antifungal cream, diarrhea tablets, sinus/cold, antacid, painkiller, antibiotic, vomiting medication, nasal spray, seasick pills, thermometer)
- Towline
- Bilge pump/sponge/paddle float
- Paddle Leash
- Dry bags, deck bag and chart case (for map and GPS)
- Sunscreen, sun hat, waterproof sunscreen, and long-sleeved, light-colored shirts
- Polarized sunglasses. Ski goggles may be optimal for those with sensitive eyes.
- Insect repellent, head net, and net clothing
- Rain gear
- Appropriate clothing for anticipated weather
- Water containers and easily accessible water bottle
- Lightweight camp stove, fuel container and funnel
- Matches or lighter
- Mess kit
- Tent with fine mesh screen and rain fly
- Sleeping bag
- Flashlight and/or head lamp
- Several feet of cord
- Small trowel

- Toilet paper
- Garbage bags
- Pocket multi-tool
- Repair items (duct tape, nails/screws, epoxy putty, super glue, aquaseal)
- Biodegradable soap and scrubbie
- Dish towel
- Ziplock bags
- Sewing kit
- Dental supplies
- Small can of lubricant to spray zippers and other metal parts to prevent corrosion
- Solid brass lock and stainless steel chain or cable (corrosion resistant) for securing kayak or canoe
- Small brass brush to clean off corrosion on metal objects

Optional items include binoculars, walkie-talkies, paddling gloves, folding stool, folding toilet seat, sleeping pad, inflatable pillow, battery operated tent fan, camera, small jungle hammock, wheels for transporting kayak or canoe, and a tarp for use as a camp rain fly or ground cover.