One-Day Sea Kayak Trip
Equipment List

**Paddling Attire:**
- Pants or shorts (synthetic material is best)
- T-shirt or long sleeve shirt (synthetic material is best)
- Wool or fleece sweaters
- Shoes that can get wet and will stay on feet (old tennis shoes, sport sandals, wetsuit booties)
- Baseball cap or visor
- Sunglasses (with retention strap)

**Other Personal Items:**
- Sunscreen
- Lip balm with sun protection (SPF)
- Reusable water bottle with secure lid

**Optional Accessories:**
- Camera
- Binoculars

**Items Not to Bring:**
- Electronics (including cell phones)
- Expensive watches and jewelry

*Weather on San Francisco Bay and Tomales Bay is highly variable. Please be prepared for both warm and cold weather.*