



Overnight 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)

On Land/Evening Attire:

- One T-Shirt
- One pair of shorts
- One pair of pants
- Underwear
- Socks
- Dry shoes (good for hiking/walking)
- Warm jacket
- Warm Hat

Other Personal Items:

- Sleeping bag (mummy style is preferable)
- Sunscreen
- Lip balm with sun protection (SPF)
- Reusable water bottle with secure lid
- Small towel
- Small flashlight or headlamp
- Toiletry items
- Prescription medications (if you take any)
- Prescription eyeglasses (if you have them)

Optional Accessories:

- Camera
- Binoculars
- Small Games

Items Not to Bring:

- Electronics (including cell phones)
- Expensive watches and jewelry

Important Notes:

- *Space is limited in our kayaks, so we ask you bring what you need to be comfortable while minimizing any extra items*
- *Please pack in a backpack or small duffle bag. On the day of the trip, ETC will provide drybags that you will transfer your belongings to in order to keep them dry.*
- *Weather on San Francisco Bay and Tomales Bay is highly variable and evenings can be cold. Please be prepared for both warm and cold weather.*

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org