

## ExL Kayak Day Gear List



**Kayak specific, please come dressed ready to paddle and with the following:**

- 1 Footwear that will get wet (sports sandals **with heel strap**, wetsuit booties or old runners, natives, crocs, etc.)
- 1 Thermal top long sleeve this may get wet from paddling but will keep you warm
- 1 short sleeve synthetic/wool shirt
- Quick dry shorts
- 1 Nylon pants
- 1 wool or fleece toque
- Sun hat
- A change of clothes and small towel
- Optional: Thin paddling, biking or sailing gloves

A **Day Pack** waterproofed with a garbage bag (*to bring for ALL ExL days*):

- Lunch and lots of snacks (nut free)
- Full water bottle (1 L)
- 1 pair running shoes
- 1 rain jacket (waterproof, Gore Tex or nylon **with a hood**)
- 1 rain pants (waterproof, Gore Tex or nylon)
- Fleece jacket or wool sweater
- 2 Face masks (1 as a spare in a ziplock bag)
- Hand sanitizer
- A positive attitude and open mind
- \*If necessary: orthopedic braces for joints if you own one (i.e. ankle, knee, wrist)
- \*If currently taking medications- clearly label name, dosage & instructions



**Optional depending on weather forecast**

- 1 Thermal long underwear bottoms (polyester, capilene, wool, silk)
- Sunscreen/ sunglasses/ lip sunblock