



CLOTHING AND EQUIPMENT (Tomales)

Tomales Bay daytime air temperatures will range from the high 60s to the high 40s (nighttime).

Generally we might experience mornings to be cool and possibly damp with the sun breaking through and light afternoon breezes.

Please follow the packing lists closely and you will be comfortable throughout the trip. Feel free to adapt the lists according to previous camping and kayaking experience.

Sageridge School Responsibilities

- Everyone brings their own sleeping pad, and sleeping bag (no cotton/flannel/thick bags, must be compressible). Tents (tent & rainfly) are supplied by the school.
- Brings own plate, bowl, utensils, cup, water bottle
- Clothes and personal items

Packing Guidelines

Packing Notes for overnights:

In general, when packing gear that needs to remain dry in kayaks you want to have smaller sized (around 12" by 18"), pliable (for stuffing) type bags (duffels, drybags, stuff sacks). In case a little water seeps into the storage compartments of a kayak you want to line the duffel or stuff sacks (nylon type bag with a draw string that sleeping bags typically go in) with a heavy duty **trash compactor bag**. The trash compactor bag will keep your gear from getting wet as water can seep through many duffels and stuff sacks. Ideally you'll have compressor type nylon stuff sacks for your sleeping bags. If not, at least compressible sleeping bags. Either way unless you are confident your sleeping bag stuff sack is waterproof you'll want to also line this with a trash compactor bag. Sleeping pads rolled inside their stuff sacks don't need waterproofing, nor do tents). Drybags are fine on their own. Note: Keep in mind trash compactor bags are different from regular garbage bags in that they are generally smaller and thicker thus more rip proof.

CLOTHING

Tops

- 2 synthetic (quick dry) shirts for kayaking
- 2 long sleeve shirts: light cotton for sun protection for non-paddling activities & nights
- 2 T-shirts

- 2 - warm sweaters/ pile jackets (fleece)
- 1 warm outer jacket for mornings/nights such as a down jacket
- 1 nylon rain/mist jacket for evenings and mornings as an outer shell, and can be used as a windbreaker when kayaking.

Bottoms

- 1 pair shorts: nylon quick-drying (ideal but not necessary) for kayaking and hiking
- 2 pair socks (1 warm for nighttime)
- 1 pair light-weight pants for daytime sun protection if needed and kayaking on cooler days (quick dry pants ideal or nylon windbreaker type pants work well or stretchy workout type)
- 1 pair warm pants (fleece pants work great) for nighttime warmth (jeans can work)
- swimsuit (or use your quick dry shorts)
- underwear

Footwear

- 1 pair for walking (e.g. running shoes or light hiking shoes)
- 1 pair for kayaking (e.g. Teva-type sport sandals; neoprene booties or water shoes—sturdy enough you could walk over some rocks)

Miscellaneous

- 1 warm hat for nighttime
- 1 pair paddling gloves (biking gloves OK-protects against blisters)
- 1 quart plastic water bottle (fill it please)
- 1 bandanna to clean sunglasses, etc.
- sun hat with tie-down strap (for wind) secured via a barrel lock
- sunglasses with retention strap (e.g. Chums or Croakies)
- waterproof sun-screen (including lip screen)
- toiletries: toothbrush, etc.
- 1 medium size towel
- personal medications
- ditty bag to hold your personal toiletries
- day pack or fanny pack for hikes
- head lamp + extra batteries

Equipment

- light-weight compactable sleeping bag with stuff sack (Those who "sleep cold" should bring a bag rated to approximately 32° Fahrenheit.)
- compressor sack for sleeping bag (a good idea)
- compact sleeping pad (self-inflating Therma-rest or ensolite foam)
- camera-- extra batteries
- reading material
- pen and paper for journal

Additional comments: Ideally, on the water you are wearing quick drying clothes. At night it does get chilly so bring layers.