



GEAR RECOMMENDED FOR SEA KAYAK GUIDES ON THE MAINE COAST:*

- PFD
- Sprayskirt
- Tow Belt
- Rescue Stirrup
- Extra warm and dry non-cotton layers (top and bottom) in a dry bag
- Paddling jacket
- Winter hat
- Hypothermia Tarp or Blanket
- 3 to 5 Flares
- VHF Radio
- Cell Phone
- Fog Horn (or another type of noisemaker)
- Strobe
- Flashlight
- Matches
- Knife
- First Aid Kit
- Energy bars, candy or some other energy-packed snack
- Relevant Nautical Chart
- Handheld Compass
- Deck compass
- Spare Paddle
- Bilge Pump
- Paddle Float
- Basic Boat Repair Kit
- Cell phone
- Leatherman or small tool kit
- Helmet (when paddling close to exposed rocky coastlines, or in roughwater or surf)
- GPS (through phone or GPS-specific device)

*This list is not definitive or exhaustive. Different circumstances call for different gear.

A FEW TIPS ON PACKING A SEA KAYAK

Here are a few tips for situations when you are packing lots of gear into a sea kayak for a long trip:

- Weight is generally less important than volume when packing a kayak. Try to keep things as compact and small as possible so they easily fit into a kayak.
- Keep in mind that it may be best to pack some large items outside of your dry bags. For example, it's okay if a container of sunscreen or a jar of peanut butter gets wet as long as it's tightly sealed, so these items do not need to take up valuable space in a dry bag.
- Kayaking is inevitably a wet sport and you can assume that you and everything in your boat will get damp or wet from dripping and splashing. Items that should stay dry must be in a dry bag or in a rugged plastic garbage bag or zip-loc bag.
- If your sleeping bag stuff sack is not waterproof, place a plastic garbage bag inside a stuff sack and then stuff the sleeping bag inside both. Make sure it is compact and sealed well. This can also work for any other gear you want to keep dry.
- The clothes you wear while paddling will likely get damp, so bring something else comfortable to wear when you reach your destination.
- Separate your items into things you need easy access to while paddling (water, camera, snacks, etc.), and those you only need while camping on the island. You can keep the first group of items between your legs or behind your seat while paddling.