

EQUIPMENT

Personal Gear Checklist

Each participant in their own kayak will carry the following items.

Clothing

- 2 Lightweight t-shirts
- 1 Lightweight long sleeve button up shirt
- 2 pair of socks
- 1 pair of sandals or water shoes
- 1 pair of shoes to be kept dry
- 1 pair of swimming trunks
- 1 pair of shorts (or pants below)
- 1 pair of zip off convertible pants
- 1 full brimmed hat
- 1 lightweight rain jacket
- 3 pairs of under wear
- 2 bandanas

Sleeping Gear

- 1 light weight summer sleeping bag or fleece blanket or poncho liner
- 1 sleeping pad or folding crazy Creek camp chair

Personal Gear

- SPF 45 Sun block
- Sunglasses with cord
- 1 small bottle of insect repellent (spray or liquid only, no aerosol cans)
- 1 small bottle of biodegradable soap
- Baby wipes
- 1 small knife
- 1 tube of travel size toothpaste (travel or sample size)
- 1 small towel
- 1 tooth brush (travel or sample size)
- 2 32 oz Drinking bottles
- Sunglasses

Eating Gear

- 1 Bowl
- 1 Spoon
- 1 mug

Optional items

- Chap Stick
- Fishing pole and set
- Books or journals
- Nature guides
- Camera

Other Equipment

The items in this column can double with the equipment you will bring on the trek. The preference is up to you.

Sunday Check in

- 1 pair of swim trunks
- 1 pair of shoes to get wet
- Sunscreen
- 1 change of clothes for Sunday evening

Friday return

- 1 complete set of clothing
- 1 pair of dry shoes
- shampoo
- soap
- towel
- toiletries
- 1 set of clothes for ride home Sat. a.m.

Thursday Night

If your trek ends in Ocracoke on Thursday evening you may also want to bring a pair of clothing to change into for Thursday night and Friday. Showers will be available.

Additional Items

- Spending \$ for camp store and on trek
- Signed Release Form
- Complete Class III Medical Form
- Medication with directions
- Extra Snacks
- Personal first aid kit with:
 - Band-Aids
 - Neosporin
 - Anti-itch cream
 - Baby powder

DO NOT BRING

Electronics other than cameras
Aerosol bug spray or sunscreen
Any form of a weapon
Fireworks

TIPS ON EQUIPMENT

Clothing

It is recommended that all clothing be extra lightweight, fast drying and very loose. Dark colors are not recommended. Temperatures can range from the high 80's up to 105 degrees during the daytime.

1 LIGHTWEIGHT LONGSLEEVE SHIRT: A strongly recommended item. If you only buy it for this week it will be worth it. Works well for cool nights, protection from the sun and insects. Best examples include the Columbia Bahama II. A lightweight long sleeve pull over will be an alternate substitute.

2 EXTRA PAIR OF SOCKS: Personal preference. After your feet have been wet most of the day a warm pair of socks can be a great comfort.

1 PAIR OF WATER SHOES OR SANDALS: High priority item. This is an item you will be in the entire week. Find a pair that fit and feel comfortable.

1 PAIR OF SHOES TO BE KEPT DRY: Optional item. Some prefer to stay in their sandals all week.

1 PAIR OF SWIM TRUNKS: You may consider bringing 2 pair depending on how long you plan to wear them. If you plan to wear both in the kayak and on land bring 2.

1 PAIR OF SHORTS: Great item to have to change into at night or to have to wear on land. Or you can bring a pair of convertible pants.

1 PAIR OF PANTS: Best friend of your long sleeve shirt. Zip off pants highly recommended. Pant will provide more protection from bugs and feel more comfortable in the sand.

1 FULL BRIMMED HAT: Highly recommend for sun protection. Light weight material is a must.

1 LIGHTWEIGHT RAIN JACKET: Very light weight and compactable. Choose a material that is flexible and breathable.

The above items are a combination of items that you will be wear and packing.

Remember to pack a set of clothing that you will leave behind at base camp for Friday night and Saturday morning, shoes included. Washers and Dryers are not available.

Sleeping Gear

1 LIGHTWEIGHT SLEEPING BAG: Due to the summer temperatures and the space available in kayak storage compartments a standard backpacking sleeping bag is not allowed. Either the fleece zip up bag (\$10.00) found in most Wal-Marts or the Kelty Light top 55 (\$50.00) bag are highly recommended. A simple sheet or military nylon poncho liner will also be acceptable. The dimensions for your sleeping bag when in its stuff sack should be no larger than 8"x16". Your sleeping bag should also be small enough that you can stuff it in the top of your dry bag.

1 SLEEPING PAD: The sleeping pad is not a dry bag item. A separate storage bag is recommended. You may also opt to bring a Crazy Creek style folding chair to double as a sleeping pad and chair during meals.

Personal Gear

SUNBLOCK: The best sunscreens for the backcountry are made with paraminobenzoic acid (PABA). The minimum SPF for sun block recommended is 45.

BABY POWDER AND BABY WIPES: The sand will be your worst enemy during your trek. To reduce chaffing or unpleasant smells it is recommended to bring along baby wipes and baby powder. Only individual bottles will be able to fit in your dry bags, large industrial sizes will take up too much room.

BIODEGRADABLE SOAP: Cleanliness during any multi-day expedition is crucial to your comfort. The traditional 'camp soap' travel bottles or Dr. Bronners products are acceptable.

SMALL TOWEL: A small camp towel can be used for a variety of different reasons, but mainly to brush off sand and to dry off. A large size bath towel will be insufficient as it will not dry fast enough or be compactable.

Travel size items: Due to the amount of time on the water small travel size toiletry items will be sufficient. They will also take up less room in your dry bag. You may find the items in any drug store or the hygiene section in Wal-Mart.

Dry Bag Sizes

Each participant will be issued two (2) dry bags to pack their personal gear in.

20 liter bag: 9 x 16 inches: 1170 cubic inches of space

10 liter bag: 8 x 14 inches: 620 cubic inches of space

Crews who wish to carry their own tents, stoves and cooking equipment should notify the Sea Base before their arrival at camp so the staff can prepare your trek accordingly. If crews opt to bring their own tents the staff guide will instruct the crew in methods needed to modify the tent for high wind and beach camping.