

# North Island Kayak

## Suggested Packing List

### Day Trips

Kayaking is an outdoor activity and the part of the world you will be visiting is identified as being within a Temperate Rainforest. Our summer daytime highs are rarely much over room temperature and our nighttime lows can be described as cool. It also rains on occasion, sometimes for extended periods.

### What you need while on the water

- A face mask and hand sanitizer
- For your head
  - a hat, cap or toque: something with a peak or brim is ideal to keep the rain/sun out of your face
- For your upper body
  - a base layer
  - a long sleeve mid-layer
  - a light Fleece or other warm non-cotton sweater
- For your lower body
  - non cotton underwear & shorts or long pants (long synthetic or wool underwear under shorts can be a great combination)
  - Consider a pair of quality, light-weight rain pants (frequently you will sit on something wet)
- For your feet
  - Wool or synthetic socks: bring a few pairs, your feet will get wet.
  - Close-toed water shoes ideally with a solid sole, old runners or hikers work great. (Rubber boots can also be good unless you have big feet)
- Optional* - Gloves (look for paddling or cycling gloves to keep hands dry & blister free while paddling)
- For your stomach
  - Lots of water and snacks! If booking the full day trip you will be responsible for your own lunch.

### What you will want during and after the trip

- A clean dry outfit to change into after the paddle
- Camera and binoculars
- Sunscreen, sunglasses, lip balm and bug repellent

### What we will provide

- All kayaking gear
- A dry bag you may store items in during the paddle (dry bags are not always 100% effective and we do not recommend putting valuable electronics in them without another layer of protection from water)
- A great day on the water!