

North Island Kayak

Suggested Packing List

Multi Day Trips

Kayaking is an outdoor activity and the part of the world you will be visiting is 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.

If you are familiar with spending time outdoors then you are likely already equipped with most of the clothing and accessories that you will need to bring with you. Likewise, you are aware that cotton is not your friend when there is any chance of getting wet.

We recommend that you bring two sets of clothing for your kayaking tour. One set that you will primarily wear while paddling. This should consist of layer-able clothes that will cope well and remain comfortable should they get damp or even wet. The second set of clothing is for around camp and should be selected to keep you warm and cozy during the evening. Layers are vital as they provide maximum flexibility and warmth. Avoid jeans and cotton shirts or sweaters, as once they get damp they can be very tough to dry and provide you with minimal residual warmth. If you can stick with synthetic quick dry materials or wool for your clothing, you will likely have a much better experience in the wilderness.

What you need while on the water

- ☐ 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
 - NIK will provide you with a complimentary rain jacket for the duration of your trip
- ☐ 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)

What you need while at camp

- Your normal outdoor camping gear will typically work fine but remember it is always cooler near the water. Synthetics and wools are again better than cotton.
- We provide you with a jacket for paddling but bring rainwear or other waterproof outdoor jackets to wear at camp.
- A base layer, a long sleeved mid-layer and a warm sweater, sweatshirt/hoodie or outer layer fleece. Warm pants. Bring one layer more than you think you need!
- Hiking shoe or running shoe and warm wool socks. Do not bring thongs or flip-flops. Warm nightwear and a pillow Case (to stuff with clothes, etc. for your pillow)
- When we have campfires, they frequently emit sparks; consider bringing an old top layer.

Comfort and convenience items

- Water bottle
- Camera
- Binoculars
- Small hand towel and a face cloth
- Sunscreen, lip balm and bug repellent
- Sunglasses and case
- Head Light (for reading in your tent and to light your way to the washroom)
- Book/magazine, writing materials or other personal entertainment
- Personal toiletries - toothpaste, toothbrush, hairbrush, biodegradable soap, feminine hygiene products, etc. (a packet of Wet Wipes works great to help personal hygiene)
- If bringing any electrical/ electronics, bring spare batteries or a portable recharging unit. There are no power outlets.
- If you must bring your phone, consider investing in a waterproof case for it.
- If you have allergies for which you carry an EPI Pen – Bring it!
- Bring any and all personal medication you may require while you are on your trip.
- An extra set of any essential medication and/or correctional lenses.
- Alcohol, Cannabis, and/or Pop. We do not supply this and there are no stores after we leave Telegraph Cove. The general store in Telegraph Cove sells beer, wine, spirits & pop. Cannabis or alcohol is not to be consumed until after paddling is complete for the day and the guide has communicated permission. We ask that guests partake in such substances only in mild quantities, any non-compliance will not be tolerated and may result in removal from the trip.

Please try to avoid bringing too much as space is limited.

Sleeping bag

If you do not have your own sleeping bag or prefer not to bring it, we have one pre packed for you to use at no charge. Our bags are cleaned after every use and are rated to 0°C (32°F) or lower.

If you choose to bring your own sleeping bag, please make sure it has no cotton in the lining and that it has a compression style stuff sack. Place a garbage bag inside the compression sack and stuff your sleeping bag inside the garbage bag, inside the compression bag. Squeeze out the air, twist the neck of the garbage bag to keep out any moisture and close the compression stuff sack.

Did we mention to avoid cotton?

Honestly and joking aside, we cannot overstate this. Once cotton gets wet it stays that way and provides minimal residual warmth. Synthetic materials, and better yet wool is your best bet.

Do not forget to check the label on your underwear, virtually everything you choose to sit on will be damp. Wet cotton next to your skin will become very unpleasant very quickly; ask any toddler.

Cameras

Salt water and DSLR can spell trouble if not looked after. What to carry it in becomes a compromise between ease of access and security. The most secure way to carry it is in a hard shell waterproof case; an Otterbox for instance, however this can be difficult to stow and awkward to open while on the water. Next best would be a good quality dry bag. Take your camera with the lens you expect to use to a good outdoor store and find a dry bag that fits your camera well, but leaves enough room for you to get your hands in and around it. There also needs to be enough room to have a small super absorbent cloth so you can ensure your hands are dry when inserting and removing the camera. Both these options would have the camera and case strapped to the deck of the kayak under bungee lines. Consider adding a carabiner or similar locking mechanism to ensure the container remains secure.

When you want to take a photo, you remove the camera from its protection, take the photo, replace the camera and reseal it. Never put it down on the spray skirt or kayak deck. We usually recommend against changing lenses while on the water.

It is also worth checking your home or travel insurance policy. Most camera equipment can be covered for loss or damage by this policy. You may need to register serial numbers, etc. with the insurance company.

How to Pack

We provide you two dry bags; one 10 and one 20 litre bag per person. When you arrive in Telegraph Cove before your trip, please feel free to come pick them up so you can pack in the comfort of your room.

The **10 litre dry bag** will be your day bag, in other words the bag you will have access to on the water. We suggest you put the following items in your day bag:

- Camera and/or binoculars – If bringing a large or expensive camera, see below. Extra sweater
- Hat
- Sunglasses

- Sunscreen
- Lip balm

The **20 litre dry bag** will be your overnight bag, put things in here that you will want once you get to camp and won't need to access on the water.

- All camp clothes and spare clean, dry paddling clothes
- Personal toiletries
- Towel, book/magazine
- Head light, spare batteries, car keys, money and travel documents, etc. Place these items in zip lock bags for extra protection.

Do not put shoes, rain jackets, drinks, etc. in the dry bag.

Do not fill the dry bags more than 3/4's full in order to properly close them, squeeze all the air out, roll the top over itself 3 times and do up the buckles. Your bags will now keep your belongings dry!