

Intermediate Winter Kayaking “Cheesecake” Trip
January 12-14, 2013
Personal Gear Packing List

Don't forget the **meal** you've signed up to bring!

What To Pack – Clothing Notes

- DO NOT BRING COTTON ON A WINTER KAYAKING TRIP. IT WILL KEEP YOU WET, COLD, AND DEAD. Really wet, really cold, and really dead. Really.
- Bring synthetics, polypro, fleece, merino wool, cheap regular wool, neoprene, etc.
- Pack efficiently but KEEP WARM. Winter kayaking expeditioners have two full outfits, one “dry” and one “wet”. Plus side: you always have something warm and dry for camp. Other plus side: putting on a damp, half-frozen wetsuit in the morning is awesome.
- Find a system that works for you. This is what works well for me. If in doubt, bring an extra layer.

Paddling clothing (potentially soaking wet for the entire trip)

- Insulating torsowear
 - Wetsuit (Farmer Jane/John is fine)
 - Drytop or paddling jacket or extra rainjacket (with tight wrist cuffs)
 - Synthetic or wool long underwear top and bottom
 - Fleece sweater(s?)
- Insulating headwear
 - toque
 - neckwarmer/balaclava
 - rainhat (cowboy, Tilley-style, or sou'wester) – doubles as sunhat
- Insulating footwear
 - neoprene booties or neoprene socks and sturdy sandals suggested
- Insulating handwear
 - gloves (neoprene gloves are good. Synthetic liner gloves + rubber dishwashing gloves are a good and cheap alternative to neoprene).
 - pogies (like big neoprene mitts that attach to the paddle). Optional; very nice to have for cold weather paddling, very warm when used with gloves. Possible rental.

Camp clothing (to be kept dry(-ish) for the entire trip)

- Insulating torsowear
 - second pair synthetic or wool long underwear top AND bottom
 - synthetic pants (optional; I just wear long johns + rain pants at camp)
 - warm fleece or down vest, or midweight sweater
 - heavy/warm jacket
 - RAIN JACKET & PANTS (rubber or good Gore-Tex)
 - sports bras, enough underwear (I bring 1 pair/day; some people bring less).
- Headwear/Handwear/Footwear
 - 1 pair shoes for around camp. Gum boots are highly recommended.
 - 2-3 pair warm socks
 - Warm toque, balaclava, scarf, etc.
 - Thin gloves

Toiletries

- toothpaste & toothbrush (practice no-tracing your toothpaste spit)
- a small towel is great for drying off at the end of the day
- ladies, reusable menstrual cups like the DivaCup or Keeper are awesome, check 'em out. Otherwise, bring your usual pads/tampons and a bag (plastic inside of brown paper works well) to pack the used ones out.
- a note on toilet paper: unless there's an outhouse at your campsite, toilet paper also needs to be packed out – please don't leave TP in the ocean or buried in a hole; it is very slow to decompose

- and will be dug up by animals and spread around the campsite — gross. Consider “natural toilet paper” options, and consider reading Kathleen Meyer’s *How to Shit in the Woods*.
- don’t forget spare glasses, contact solution and case, floss, etc.

Other Gear

- sleeping bag & mat
- headlamp or flashlight and extra batteries
- sunglasses / small sunscreen / lip balm with SPF
- any prescription or non-prescription medications (duplicate and separate vital medications, and be sure to tell your travelling companions about any medications or medical issues you might have).
- 1L water bottle
- mess kit (bowl, mug, spork ... etc)
- bivy sac (not needed if using a tent)

Optional, great to have

- camera & the ability to keep it dry
- fishing gear + license
- journal/notebook/sketchpad
- fire kit
 - fixed-blade knife (for splitting cedar kindling)
 - the ability to cut wood (Can-Saws: excellent. Hatchet: excellent and dangerous. Swiss Army knives: not made for this, though some do have little wood saws).
 - multiple lighters/waterproof matches stored in different places
 - “firestarter”: pitch sticks, cotton balls + Vaseline, tealights, tinder, etc.

How to Pack

- Backpacks and large duffel bags will not fit into kayaks. All your gear needs to be in 5-20L stuff sacs (think “cat-sized”. Cats are all different sizes but you could probably fit any cat into a kayak).
- Everything needs to be waterproof enough to immerse in a bathtub. If in doubt, try immersing it in a bathtub. Now, while you have a dryer handy.
 - Drybags are excellent. Buy or borrow.
 - Alternatively, use 2+ garbage bags to line whatever sac you’re using**; squish the air out and twist the garbage bags closed; tuck the twisted end down the side, or if you must tie a knot, make it a slipknot so you can untie it easily without ripping the garbage bags. Put important things in extra ziplocs.
 - **Note: please do not just throw your stuff in a garbage bag and call it a day! Garbage bags are weak by themselves and will tear. They must be protected by another sac.