CLOTHING AND EQUIPMENT

Tomales Bay daytime air temperatures will range from the mid-60s to mid-70s. Night time temperatures might range from the high 40s to the low 50s.

Generally we might experience morning fog with the sun breaking through and light afternoon breezes.

Please follow the list closely and you will be comfortable throughout the trip. Feel free to

adapt the list according to previous camping and kayaking experience. Sea Trek will provide dromaderie bags with water, three roll top tables, some dry bags/trash compactor bags to help with packing, and illumination for a night paddle. Sea Trek will also provide all kayaking related gear.

Client will provide all food/commissary, wood for a fire and firestarter and lighters. Getting a fire permit happens on the morning of the first day and is at the discretion of the park service.

**Packing Guidelines**

You’ll use Sea Trek’s dry bags/trash compactor bags for most of your clothes and items you wish to keep dry. Trash compactor bags will be used for additional items. Sleeping pads and personal tents can be packed as is. Sleeping bags should be in a water resistant compression stuff sack (using a trash compactor bag as a inner liner to ensure your bag stays dry).

**CLOTHING**

**Tops**

-2 synthetic (quick dry) shirts for kayaking

-1 wind-jacket/paddling jacket (water resistant) for kayaking and nighttime use

-1 long sleeve shirt: light cotton for sun protection for non-paddling activities

-2 - warm sweaters/ pile jackets (fleece)

-2 T-shirts

**Bottoms**

-2 pairs shorts: nylon quick-drying (ideal but not necessary) for kayaking and hiking

-2 pair socks (1 warm for nighttime)

-1 pair light-weight pants for daytime sun protection if needed.

(Nylon windbreaker type pants work well)

-1 pair warm pants (pile pants work great) for nighttime warmth (jeans can work)

-swimsuit (or use your quick dry shorts)

-underwear

**Footwear**

-1 pair for walking (e.g. running shoes or light hiking shoes)

-1 pair for kayaking (e.g. Teva-type sport sandals; neoprene

-booties or water shoes—sturdy enough you could walk over some rocks)

**Miscellaneous**

-1 warm hat for nighttime

-1 pair paddling gloves (biking gloves OK-protects against blisters)

-1quart plastic water bottle (fill it please)

-1 bandanna to clean sunglasses, etc.

-sun hat with tie-down strap (for wind) secured via a barrel lock

-sunglasses with retention strap (e.g. Chums or Croakies)

-waterproof sun-screen (including lip screen)

-toiletries: toothbrush, etc.

-saltwater shampoo and soap (Camp Suds works well)

-1 medium size towel

-personal first aid kit: medications (anti-inflammatories-ibuprofen, anti-allergies, any

favorite remedies for stomach/bowel related issues, sea sickness pills), lotions,

-vitamins, band-aids, bug repellant (not much to worry about), hand wipes

-ditty bag to hold your personal toiletries

-day pack or fanny pack for hikes

-flashlight, or head lamp + extra batteries

**Equipment**

-personal tent

-light-weight compactable sleeping bag with stuff sack (Those who "sleep cold"

-should bring a bag rated to approximately 32° Fahrenheit.)

-compact sleeping pad (self-inflating Therma-rest or ensolite foam)

-compressor sack for sleeping bag (a good idea)

-camera-- extra batteries

-binoculars

-reading material

-pen and paper for journal

Additional comments: Ideally, on the water you are wearing quick drying clothes. At night it

does get chilly so bring layers and don’t forget a windbreaker.