

EXPEDITION CLOTHING & EQUIPMENT INFORMATION

Expedition Equipment Provided By Us

Aside from your personal clothing and favorite camp & travel items, Sitka Sound Ocean Adventures customarily supplies much of the gear you will need for a multi-day expedition, including:

- Sea kayaks and all required paddling equipment
- Two-person tents (with ground cloths, rain-flyes & vestibules)
- All cooking gear and eating utensils
- All food for three meals per day, and snacks
- Dry bags for transporting/protecting your personal gear
- Wilderness first aid equipment. Bear spray
- Emergency communications & signaling equipment
- Area charts, maps and field guide books

Note: Of course, you are welcome to bring and use any of the above-listed kayak & camping equipment that you already own, providing that it is of suitable design for our temperate coastal environment.

Items We Can Provide On Request

If you do not own (or do not want to make the investment in owning) the following equipment, with advance notice, we can provide these essential items for a reasonable price:

- Quality expedition sleeping bag ... \$30/first night (\$6.00 per additional night)
- Thermo-Rest™ mattress ... \$15/first night (\$3.00 per additional night)
- Appropriate (100% waterproof) rain gear ... \$12/first night (\$2.50 per addl night)
- Rubber boots, up to size 13 men's ... \$10/first night (\$2.00 per addl night)
- Fishing rod & reel (optional) ... \$10/first night (you pay for license & tackle)

What You Will Need to Bring

The following information will walk you through the list of personal clothing and equipment you will need for your expedition. It is of utmost importance that you follow this list accurately. Proper preparation is a vital ingredient to ensuring your comfort, enjoyment and safety while on expedition. When selecting your clothing, please keep in mind the following principles about staying warm and dry:

The Importance of Layering

It is very effective to wear layers of clothing to stay warm, as the air trapped between the layers acts as an insulator. Layering also allows you to regulate your body heat by adjusting the number of layers, depending on the temperature and your activity level. There are three main layers: 'Transfer' which is the layer next to your skin; 'Insulating' which is the main warmth layer(s); and, 'Protective' which is the outer layer to protect you from wind, rain, and other elements.

... And Keeping Dry!

Wetness increases the loss of body heat and is uncomfortable, so it's important to stay as dry as possible. Some clothing is hydrophobic, and therefore, stays dry (i.e: synthetics such as polypropylene, polyester, capilene; and natural fibers such as wool and silk). Clothes made of these materials make great expedition clothing. Steer clear of cotton and down: they absorb water easily, lose their ability to insulate, and take a very long time to dry in our coastal environment.

Recommended Clothing List (working from top to bottom)

Head & Hands

- 1 ear-covering hat or balaclava (wool or fleece)
- 1 rain hat with brim (not required if you have a hood on your raincoat)
- 1 sun hat/cap/visor, and polarized sun glasses – we have our sunny days!
- 1 pair of medium-weight gloves (wool or polypropylene)
- 1 pair of neoprene gloves or poagies – for paddling on wet or colder days

Upper Body

- 2-3 tee-shirts (synthetic fabric) – underlayer and for sunny/warm days!
- 2 long-sleeve shirts (synthetic fabric, at least one turtleneck-style)
- 1 medium-weight long-sleeve shirt (capilene, synchilla) or wool sweater
- 1 windproof jacket (fleece or synthetic) – for mornings and cool evenings
- 1 100% waterproof raincoat (coated-nylon or rubber), with sleeves that close tightly
- 1 light-weight windbreaker or paddling jacket (optional)

Lower Body

- 2-3 pair of quick-drying underwear – there will be time to wash & dry, as needed
- 1-2 pair of long underwear (synthetic fabric or wool)
- 1 pair of fleece, synchilla or wool pants – for mornings and cool evenings
- 1 pair of quick-drying nylon or nylon-blend pants – for paddling, hiking and warmer evenings
- 1 pair of durable, 100% waterproof rain pants or bibs
- 1 pair of quick-drying shorts with pockets – be prepared for sun as well as rain!

Footwear

- 3-6 pair of wool or synthetic socks – wash & dry as needed for longer trips
- 1 pair of sturdy, comfortable hiking shoes or sneakers
- 1 pair of rubber boots (we call 'em Sitka Sneakers) – you'll wear them a lot!
- 1 pair thick-soled, neoprene booties or sturdy water shoes/sandals (optional)

Your Camping Equipment

Expedition Essentials

- Synthetic sleeping bag (no down-filled bags!), rated for 20° F or lower
- Compression sack for compacting/stowing your sleeping bag
- High-quality sleeping pad (Therma-Rest style or closed-cell foam), with stuff-sack
- Sleeping bag liner (silk or fleece) – optional, nice if you get cold easily
- Small, sturdy day pack or fanny pack – for hikes and keeping essentials close at hand
- 1-liter, wide-mouth water bottle – we provide a filter for refilling along the way
- Pocket knife (preferably Swiss Army or Leatherman style)
- At least one small flashlight (preferably high-quality headlamp), with extra batteries & bulb
- Waterproof matches or a high-quality butane torch lighter
- Parachute chord and vinyl tape – for various riggings and making minor repairs
- Large, light-weight duffel bag – for hauling your gear up & down the beach
- 6 trash compactor bags – for lining the inside of gear bags to ensure your stuff stays dry
- Heavy-duty zip-lock bags in various sizes – for keeping small valuables dry

Toiletries & Goops

Note: *Avoid any products containing perfumes ... bears love the smelly stuff!*

- Small camp towel and washcloth (or wet wipes). Toilet paper
- Biodegradable liquid soap (bar soap does not work well in salt water)
- Brush or comb. Bandanna and/or hair restraints
- Small tube of toothpaste, toothbrush and floss
- Waterproof sunscreen (SPF 15+ or higher recommended)
- Chapstick or lip salve (with PABA recommended)
- Small container moisturizing cream or lotion (unscented)
- Insect repellent (make sure you get one with a high DEET content)

Your Personal First Aid Kit

Your guides will be carrying an extensive wilderness first aid kit; however, you should bring the following items in a pocket-sized kit, to keep close at hand for your own personal use:

- Band-Aids (elastoplast or fabric type are best)
- Gauze, moleskin and adhesive tape
- Topical antibiotic ointment (i.e: Polysporin)
- Mild analgesic (i.e: Aspirin, Tylenol)
- Mild anti-inflammatory (i.e: Ibuprofen)
- Motion sickness medication (i.e: Gravol, Transderm patches)
- Personal medication (Bring twice as much as needed. Store in zip-lock bags. Give half to your guide for safekeeping. Include written instructions for dosage and frequency.)

Optional Miscellaneous Items

- Extra prescription glasses or contact lenses (highly recommended)
- Neck cord for prescription glasses and sunglasses
- Camera, with extra memory card (or film) and batteries
- Waterproof box or bag for storing camera
- Small binoculars (great for wildlife viewing)
- Fishing gear (please call if you need any advise)
- That paperback book you just haven't had time to read
- Journal and pencil or pen. Sketch pad for drawing
- Compass and chart of the area (laminated charts or cover them with waterproof vinyl)
- An insulated drinking mug for coffee, tea and cocoa
- Favorite 'goodies' to enjoy around the campfire

Clothing & Gear Resources

Depending on where you live, it may be difficult to find appropriate expedition clothing & gear through local outlets. If that is the case, we recommend you check out these mail order and on-line suppliers: REI, Patagonia, LL Bean and Kokatat. They all carry excellent lines of equipment. Remember to allow adequate time for shipping! Please don't hesitate to email or call if you have any questions or concerns regarding items to bring for your expedition. We'd be happy to provide advice or assist any way we can.

About Dry Suits & Wet Suits

It is true that drysuits and wetsuits provide an increased degree of protection in cold water, and wearing one is certainly wise if you are going to venture far from shore or paddle in challenging conditions. We take care to do neither of those things, and we do not require drysuits or wetsuits to be worn on our expeditions. We believe the best protection is good judgment and staying off the water in questionable conditions. If you usually wear a drysuit or wetsuit while paddling and would like to bring it along, then we encourage you to do so. If you are looking to purchase a drysuit, we highly recommend drysuits manufactured by Kokatat.

Equipment Transportation & Packing

For Travel To & From Sitka

Transport your expedition gear in the large duffel bag (boat bag) that you'll be using to haul your gear up and down the beach. Use a standard suitcase for packing and transporting your "civilization" clothing and accessories. We will provide secure storage in Sitka for these items, for the duration of the expedition.

Flammables & Hazardous Materials

Be mindful that some of the items we need for running an enjoyable, safe kayak expedition are prohibited from being transported on passenger jets or small aircraft. The items include: fuel of any kind, signal flares and bear spray. There are also restrictions on matches and lighters. Make sure you don't have any prohibited items squirreled away in your gear before heading to the airport. You'll have time to purchase these items in Sitka, or borrow them from us (if we don't supply them), before the expedition. You can reference the FAA and TSA websites to learn more about hazardous item restrictions.

Packing Your Expedition Gear

If you don't already own them, we will provide you with appropriately-sized dry bags for packing your personal gear. Your gear should be divided into a minimum of 5 easily-stowable units, as follows:

Unit 1 – Your sleeping bag, in a compression stack (this will be your largest diameter parcel).

Unit 2 – Your sleeping pad, compacted as much as possible in a nylon stuff sack (a long/skinny parcel).

Unit 3 – Your camp clothes (the stuff you normally don't need access to while paddling). These items should fit into a dry bag that is no more than 24" x 9" in diameter.

Unit 4 – Your Day Pack, containing items you might want access to while paddling (sunglasses, sunscreen, binocs, camera, etc.). This unit is small enough to stow in a day hatch or behind your seat.

Unit 5 – Another small dry bag containing items such as a warm hat, gloves and a light fleece vest or jacket (things you might need if you get cold while paddling or stopping for lunch). You'll store this bag, along with your rolled-up rain gear, behind your seat.

Miscellaneous Items – Odds & ends such as spare shoes and fishing gear will be tucked into available nooks & crannies while loading your kayak.

Your water bottle can be secured to your kayak by a lanyard and tucked under a deck line for easy access. This is one of the few items you can store on deck (too much gear on deck will make your kayak top-heavy ... nope, not a good thing!)

When it comes time to actually load your kayak for the first time (if you have not done an expedition before) we will show you the tricks for stowing your gear in a way that provides the best-possible kayak trim and stability, and so that you'll have access to your equipment in the proper sequence.

Keeping Your Stuff Dry

Yes, we'll provide quality dry bags, as mentioned previously, but the only way to ensure your gear will stay as dry as possible is to provide an extra layer (or two!) of protection. This is where those zip-lock bags and trash compactor bags come into play. Be sure all your small valuables and/or water-sensitive articles are stored in a zip-lock bag, even if you are going to be putting them into a larger, (supposedly) waterproof container. And be sure to line the inside of your dry bags and day pack with a heavy-duty compactor bag before loading your gear into them. Don't forget to twist & tuck the opening of the inner bag before closing the outer bag. The sturdy dry bags will protect the compactor bags from punctures and rips, and you should be able to re-use them the entire trip if you are careful in handling them.

Division of Communal Gear

Equipment & supplies that are not part of your personal gear (tents, tarps, kitchen, food, field guides, etc.) will be parceled out evenly and stowed in kayaks at the guides' discretion.