

SEA KAYAK EXPEDITIONING *is like backpacking on the water—without the heavy weight on your shoulders and the blisters on your feet. Your floating backpack will contain your shelter, food, water, clothing, charts, navigation aids, kitchen kit, first aid, repair kit, electronics, books, and related resources, etc. A few essential items should be on your person in case you're separated from your boat. Hands down, your most important pieces of equipment are what I refer to as "the invisible": Seamanship skills, common sense, humor, and patience (often misplaced).*

Below is a list of everything I've organized for my kayak expeditions.

KAYAK AND CAMPING GEAR

- ❑ [P&H Cetus MV](#), 17'9" x 21.5, skeg, day hatch, bow/stern hatches, "whiskey hatch"
- ❑ Kokatat MsFit PFD (personal flotation device)
 - ❑ In PFD pockets: three pencil flares, lip balm w/ SPF, sunscreen stick, nose plugs, [paracord survival bracelet](#), ball cap retainer clip, hand-held compass, VHF radio (Standard Horizon, waterproof, floating), Boye cobalt rust-proof knife, sunglasses retainer
 - ❑ Attached to PFD: storm whistle, Garmin inReach, waterproof Nikon camera, Garmin Instinct Solar waterproof wristwatch
 - ❑ NRS hydration holster with 1.5 liter water bladder and pouch with "bail out" items
 - ❑ Bail out items: water dye marker, firestarter, magnesium block, flint lighter, regular lighter, space blanket, mini maglite, emergency stove w/ pellets, small metal cup, iodine tabs, teabag, ginger crystals, energy bar, energy gel, laminated copy of ID
- ❑ Sea Dog Sail (mounted on deck)
- ❑ Custom-made Greenland Paddle, two-piece w/ stainless steel ferrule
- ❑ Werner Cyprus – spare paddle, bent shaft, 210 cm, carbon fiber
- ❑ SnapDragon neo/nylon expedition sprayskirt
- ❑ Seals vinyl cockpit cover
- ❑ Northwater interior Cockpit bags
- ❑ Northwater underdeck bag (mounted on inside hull)
- ❑ NRS Deck Bag (on some trips)
- ❑ Scotty bilge pump w/ float collar
- ❑ Paddle rescue float

- Rescue sling
- Paddle tether
- Tow Belt (NorthWater 55')
- Helmet (for surf landings on some trips)
- 24-ounce nalgene water bottle
- Sponge
- Fog horn
- Flare gun
- EXPED FlexPad for sitting and kneeling (small closed-cell foam pad)
- EXPED Venus II, two-person, four season tent
- EXPED Dura 3R sleeping mat
- EXPED Tarp II, with extra cord and stakes
- EXPED Solo Tarp, for pitching over tent on rainy days
- EXPED collapsible tarp pole
- EXPED Dreamwalker waterproof wearable down sleeping bag
- EXPED Ultra Pillow M
- Bear Management:** bear spray, [bear bangers](#), "[Critter Gitters](#)", mothballs, ropes and pulley for hanging food
- EXPED Cloudburst waterproof daypack (for town days)
- IKEA blue tarp bags (2) for carrying items to and from camp
- Crazy Creek chair
- Dry Bags:
 - [EXPED Endura bags](#), various sizes for food storage, lined with odor-barrier [Opsak](#) bags. Black one makes a GREAT shower bag!
 - EXPED compression dry bag for sleeping bag
 - [Kayak Academy tapered vented dry bag](#), for clothes
 - [AquaPac](#) for small electronics (phone, inReach, etc)
 - EXPED Tempest 45 waterproof duffel for back deck items & hanging food at night.
- Journal notebooks – Rite in the Rain is ideal (waterproof)
 - > extras in resupply boxes as needed
- Small Rite in the Rain waterproof notebook (for quick notes)

- Binocs – West Marine, waterproof
- Headlamp, [NiteCore](#), ultralight, waterproof
- [Luci Light](#) (inflatable solar light)
- Iphone X - waterproof AND housed in waterproof OtterBox
- Sunglasses
- First aid kit
- Repair kit ([contents in separate list](#))
- Vitamins & meds
- EXPED cube - Toiletry kit
- [Kula Cloth](#) (anti-microbial pee cloth)
- Towel (microfiber)
- Bandana / mask
- Shower adapter nozzle (fits EXPED drybag valve)
- Hand saw (foldable)
- Sunscreen
- Bug dope
- Bug jacket w/ head net and mitts
- Potty bag (trowel, tp, lighter, opaque bags, hand sanitizer)
- Pee bottle, Lady Jane/Whiz
- Extra batteries (lithium, mostly AA)
- Small Tyvek wallet: Canadian & American cash (for public campsites), debit card, two credit cards, two checks, driver's license, health insurance card,
- Passport
- Talisman good luck pouch

NAVIGATION / ELECTRONICS (*some items repeated here*)

- Deck-mounted compass
- Hand-held compass (generally stowed in PFD pocket)
- Garmin inReach tracking device / GPS
- Garmin Etrex GPS (*backup, uses AA batteries*)
- Laminated charts, divvied up by section into resupply boxes
- Paper charts for "big picture" planning in camp (specific areas only)

- Pouch w/ Nav Aid, lead pencil, sharpie, grease pencil
- iPhone - app "Navionics" - as a "digital 2nd opinion" when needed
- GoPro 8 (and various mounts)
- Waterproof wristwatch (*attached to PFD when paddling*)
- [Goal Zero Venture 70](#) power bank (w/ cables)
- [Anker PowerCore 1000](#) power banks (2)
- [EXPED Widget](#) for inflating air mattress
- VHF radio (Standard Horizon, waterproof, floating - carried in PFD pocket)
- Nikon WP300 waterproof camera
- Various cables and USB charging outlet
- Spare batteries

PAIN MANAGEMENT: (*yea, most of this stuff wasn't on my 2010 trip*)

- Thumb/wrist braces
- Compression gloves
- CBD lotion / BioFreeze gel
- Ibuprofen / Aleve / Tylenol (LOTS!)

TRIP LIBRARY / BOOKS & RELATED RESOURCES

- 2022 Tidal Current Tables (or select copies of)*
- Paddling North*, Audrey Sutherland
- Various copies, notes, GPS coordinates for specific campsites, info from various resources: *Coast Pilot*, *Sailing Directions*, *The Inside Passage*, Robert Miller, *Paddling the Inside Passage*, by Denis Dwyer, *The Wild Coast series*, by John Kimantis
- Book(s) for those beach-bound days

CLOTHING:

While paddling:

- Kokatat Gore Tex drysuit with dropseat (w/ [Body Glide](#) stashed in small pocket)
- Base layers:
 - Thin option, tops/bottoms / Thick option, tops/bottoms

- MARE TriBoot neoprene booties
- NRS Hydroskin pants (*for warmer, calmer days*)
- Level Six Paddle Jacket
- [Kokatat Nor'wester rain hat](#)
- Gloves: Chota ThinSkins, NRS fingerless, NRS Hydroskin gloves, Level 6 mitts
- Mystery Skin skull cap with chin strap
- EXPED baseball cap, with cap retainer

CLOTHING OTHER & ON LAND:

- [Kokatat storm cap](#)
- Bomber Gear rain/paddling pants
- Arc'teryx rain jacket, hood, lined
- Fleece lined running tights, black
- Patagonia heavyweight fleece top
- Patagonia puff fleece jacket
- Down vest
- 1 cotton tee shirt
- 1 synthetic tee shirt
- 1 pair of nylon zip off pants
- Jog bra & bamboo tank top
- 2 pair bamboo underwear
- 2 pair wool socks
- 1 pair thin socks / 1 pair running socks / 1 pair sleeping socks
- 1 pair of gardening gloves for camp chores, loading boat, etc.
- EXPED knit hat
- PJ's -- thin cotton jammies and lightweight top
- Trail runner/town shoe/**orthotics**
- XtraTuf short boot
- Crocs foam sandals
- Thin capiline gloves

KITCHEN GEAR:

- ❑ Coleman anodized aluminum nesting pots
 - ❑ 24-oz pot w/ lid, doubles as frying pan / 16-oz pot/cup

Inside this pot set fits:

- ❑ Insulated drinking cup
- ❑ MSR stove
- ❑ Chammy dish cloths & scrungie

Kitchen Kit:

- ❑ Butane Fuel canisters (*8 oz can = 3-4 days*)
- ❑ Optimus backup stove (very compact)
- ❑ Bic lighter
- ❑ Hurricane lighter
- ❑ Wind screen
- ❑ 10 oz metal flask
- ❑ Cutting board, thin, plastic, pliable
- ❑ Wooden eating utensils (fork and spoon)
- ❑ Collapsible bowl/plate
- ❑ Knife / Small scissors
- ❑ Thermos (small)
- ❑ [Aquamira water treatment solution](#) water purifying drops
- ❑ Sawyer Squeeze water filter
- ❑ Heavy-duty paper towels (reusable blue shop towels)
- ❑ Various bags, ziplocks, tinfoil, etc
- ❑ Garbage bag (stuff sack, with plastic grocery bag liners)
- ❑ Clothespins
- ❑ CampSuds
- ❑ Various spices and hot sauces
- ❑ Olive oil in small plastic container

10-Liter Dromedary water bag

6-Liter Dromedary water bag