



Sea Kayak Baja Mexico

Loreto, BCS, Mexico

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## Packing List

### Paddling

- 2 quart water bottle(s) or hydration system
- Sunscreen and lip protection
- Sunglasses with strap
- Strap for regular glasses
- Hat for sun
- Non-cotton long-sleeve shirt for paddling
- Quick-dry shorts/pants
- Paddle jacket
- Water shoes or sandals with heel strap
- Bathing suit

### Camping

- Towel
- Camp T-shirt (s)
- Warm camp shirt
- Windbreaker jacket
- Long warm pants
- Socks
- Underwear
- Warm hat for evening
- Beach / light hiking shoes
- PJs
- Head lamp
- Bug repellent (rain this year = bugs)
- Sleeping bag (in compression sack)
- Therm a Rest
- Tent, bivy, or tarp (in compression sack)
- 2-3 Strings (24-36") to retrieve drybags from ends of kayak

### Personal

- Toothpaste & toothbrush
- Shampoo, soap (NOT Dr Bronner's soap! It doesn't work in salt water. Trust us.)
- Sunscreen
- Camera
- Spare batteries for everything
- Any clothes you'd like in town
- A few Ziplock bags of various sizes
- Medications (2 sets; leave one in hotel)
- Personal first aid, including over-the-counter meds you might want
- Passport
- \*Print-out of medical history and list of medications
- \*Copy of health insurance card, travel insurance contacts, passport, emergency contacts
- Ziplock the above \* items and keep them with you
- Sense of adventure!

(continued on back)

## Optional

- Kayak seat pad
  - Tow belt
  - Paddling gloves
  - Comb or brush
  - Handi-wipes
  - Binoculars
  - Wetsuit for snorkeling/ rolling a lot
  - Snorkel gear
  - Fishin' stuff & lots o'luck
  - Favorite snacks
  - PFD (life jacket)
- Paddle
  - Spray skirt
  - Sarong or wrap
  - Journal, book
  - Compact beach seat
  - Duffel for carrying everything between kayak & camp
  - VHF radio/ satellite messenger
  - SMALL drybags 10L or less
  - Bug head net
  - 15% gratuity for guides
  - (10%-15% for rentals)