

Info Sheet and Equipment “Bring List”

RHF 123 Introduction to Sea Kayaking

The on water day is mandatory. If for any reason all or part of your on water day [Saturday or Sunday] is cancelled by the instructors, you must attend the make up date. Failure to attend will result in failure of the course. No make ups can be given

Bring List:

Classroom needs for Friday:

- The Complete Sea Kayakers Handbook by Shelly Johnson
- Your completed homework assignment
- Pencil and notebook
- Clothing to spend up to two hours outside
- \$45 for Seaspray Kayaking Co. (includes wet suit, paddle jacket, kayak, paddle, spray skirt and PFD). Less than \$45 if you bring your own paddle jacket or wet suit, see details below. Check or cash, exact change please.
- \$8 per car for parking at Bethel Boat Yard. Cash, exact change please.

Must have items for the on water day:

To Wear:

- Bathing suit or synthetic underwear (to wear under the wet suit)
- Neoprene gloves 3mm or less
- Neoprene boots or an old pair of sneakers (to wear in the water), no sandals please
- Light fleece top
- Wicking long sleeve long underwear top (non-cotton)
- Wind and rain jacket (one jacket may be able to do both)
- Wool or polypro socks (to wear under neoprene boots or old sneakers)
- Warm hat
- Sunglasses & safety strap for glasses
- Sun screen
- Sun hat (baseball hat of non cotton variety will work)

To carry with you:

- Water - need to bring at least 32-64 oz in a non breakable bottle or hydration system (camel pack)
- Lunch and snacks packed in a waterproof bag (double zip lock bags are fine)
- Extra stuff: Warm fleece vest, fleece top and bottom, gloves, socks, small towel and hat in a dry bag (water proof container, two heavy duty trash bags will work in a pinch!)
- Whistle
- Personal first aid kit & personal medications
- A note on food:
 - Breakfast...Eat a good one, it will be an active day; this is not the day for a weight-loss diet.
 - Lunch...Will most likely be on a shore so pack a good lunch in dry containers/bags.
 - Snacks...Bring things that you like to eat.

Optional:

- Dry suit or wetsuit-farmer john style 3mm. (This is included in your \$45 rental; if you bring your own, you save \$5.)
- Paddling Jacket (bring your own and save \$5).
- Handheld compass
- Waterproof watch
- Thermos with hot drink
- Waterproof flashlight
- Waterproof disposable camera
- Warm dry clothes and shoes for ride home
- Towel

Provided for you

Kayak
Spray skirt
PFD (personal floatation device)
Paddle
Wet Suit

Carried by your leaders

Repair kit
First Aid Kit (group)
Bilge Pumps
VHF Radio and/or cell phone
* *weather radio*
Paddle float
Emergency signaling devices
Tow belt or towline
Chart
Tide information