



www.eastcoastkayaking.com

Sea Kayaking Gear: Check List

East Coast Kayaking will supply you with sturdy plastic bags to keep your gear dry. Your guide will assist you to waterproof your gear prior to embarking. On overnight trips gear must be kept to a minimum to ensure it can be stowed safely in the waterproof hatches. Excessive or unnecessary gear may be left behind. Mosquitoes and sand flies are prevalent at many Victorian campsites. Please ensure you bring sufficient repellent so you can enjoy your trip.

Day trips

- Footwear that can get wet: sandals or sandals
- Board shorts
- Hat
- 15+ sunscreen
- Sunglasses (cheapys)
- Thermal shirt
- Thermal long johns
- Fleece or woolen jacket
- Beanie
- Waterproof jacket
- Change of clothes
- Snacks and nibbles
- 1 liter of water
- Ventolin (If applicable)
- Other personal medication

Lunch and Snacks

- Sandwiches / Rolls
- Fruit
- Muesli Bars
- Scroggin
- 750 ml water bottle

Overnight trips

In addition to the above please bring (unless supplied)

- Light weight sleeping bag
- Light weight tent 2-3 man
- Thermarest or sleeping mat (compact)
- Spare warm clothing (Lots!)
- Sturdy walking boots
- Toilet Paper
- Trangia
- Fuel
- Matches or lighter
- Plate, Bowl & eating utensils
- Scourer, wipes and a small amount of detergent.
- Book (optional)
- Camera (optional)
- Binoculars (optional)
- Compass (optional)



For more information, Rohan Klopfer

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Water

Please bring 3-4 liters of water per person per day for your sea kayaking trip. Used wine bladders make great water containers or the commercial equivalent can be purchased from your local camping store. Plastic 1.5 liter water bottles will suffice if a bladder cannot be used.

Food

Muesli and fresh fruit makes an ideal breakfast. Pita bread wrap-ups or Vita wheat topped with your favorite cheese and dips make for a yummy lunch. Pasta and rice dishes with fresh vegetables make for a quick and healthy evening meal. Snacks such as muesli bars, nuts, sugar free sweets and scroggin will keep you going between meals

Please do not bring

- Mobile phones and other electronic equipment.
- Expensive sunglasses and jewellery.

Hire

East Coast Kayaking can supply the following items. Contact us for hire rates.

- 2-3 man tents
- Sleeping Mats
- Trangias
- Wetsuits

Please note:

There is a Café at Jetty Rd Sandringham adjacent to "*The Kayak Shop*" where food and drinks can be purchased pre/post trip.

If you have any queries regarding your child's sea kayaking adventure please contact us for more information. We will be happy to answer any questions.



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