



Gear List for Summer Kayak Expeditions

A General Note – Please pull together what items you can and make a list of the things that you don't have. Pray for God's provision of these things. Also not every item is necessary, some items are additional. We can help suggest alternatives to things you are having trouble with, just email questions and we will respond as quickly as we can. OneLife also has some gear that we can loan out to you, so let us know in advance if you need something specific. Our goal is for you not to have to buy a bunch of stuff.

NO ELECTRONIC DEVICES!

Sleep System – Provided by OneLife.

- Summer Sleeping bag
- Bag liner
- Inflatable Sleeping

Clothing

Due to the nature of activities and being prepared for the outdoors all day, we ask to please wear shoes and clothing appropriate for being active. Loose and breathable clothing is best. We have learned over the years that longer shorts or capri pants that are of quick drying material are ideal for the activities that we do. It also reduces the amount of exposed skin to sun and insects.

Modesty is expected.

- Hats (2)** – A thin fleece or wool hat is a great way to quickly moderate body temperature especially around camp as the night temps cool or for sleeping on cool nights, or during long periods of rain. Also consider a sun hat such as a wide brim hat, ball cap or visor for UV protection on longer paddles, or you may prefer to use sunscreen.
- Sunglasses w/strap (1)** – Polarized if possible. Wearing sunglasses on the water for any rescue or surf sessions, requires a good strap, preferably floating, and colorful to help find them in the water. A good place to find the polarized glasses for a reasonable price is in the fishing department of larger stores.
- Underwear (3), Shirts (3) and Socks (3)**– Consider quick drying materials if you have them, but don't need to buy if you don't. Even if you don't plan on wearing socks during the day, having a dry pair of socks to slip into in your tent is nice.
- Shorts/Swim Trunks (2)** – These will be getting wet a lot, like every day.
- Long Sleeve Light Weight Sun (UV) Shirt (1)**
- Pants (1)** – A lightweight nylon (or nylon cotton blend) pair of pants to wear for hiking in certain areas, ripstop is good but not necessary.
- Rain Shell/Paddling Jacket (1)** – An outer shell pants and jacket that is rain proof and wind proof will offer protection from rain and wind and give an additional layer of protection. It is a bonus if this layer is breathable. The warm weather conditions allow this layer to be less beefy; a cheap emergency rain suit would be fine if taken care of and they are very packable. If the jacket does not have a hood, consider a rain hat that you have tested in combination with your jacket. This should not be a big bulky layer if possible.

Camp Shoes (1) – This is a comfortable pair of shoes to wear around camp. Something lightweight and waterproof (not leather) and quick dry works great like crocs or flip flops. (Think light weight and not too bulky.) It is nice to have something dry to put on if your feet have been wet all day.

Paddling Shoes (1) – Should stay on your feet securely; have good protection on bottom and sides for areas where we may be wading around oyster shells. These shoes will more than likely get wet and very muddy! They also may be used for hiking/trail running as well.

Bug Clothing/Head Net – For times/areas where mosquitoes, biting flies, gnats, no see ums, etc. will be a force to be reckoned with. **Not needed for summer 2015 trip.**

On Person Kit (In PFD or Spray Skirt Pocket)

- Waterproof Sun Block in small container
- Lip Balm with Sun Block (or you may just use your sunblock)
- Bug Spray in small container
- Medical ID Tag – if needed
- Eyeglasses w/strap in small waterproof bag – if needed
- Water Bottle or hydration bladder (needs to have a screw top lid)
- Energy bars – Maximum two bars per day, non perishable and packaged. (24 bars for 12 day expedition, 28 bars for 14 day expedition)
- Bandana
- OneLife provided nose clips

Shower Kit

- Toothbrush and toothpaste – small container
- Biodegradable Soap/shampoo – can use soap leaves, or small size bottles/bars
- Moisturizing Lotion – small container - optional
- Small Brush/Comb
- Razor - optional
- Feminine hygiene products
- Camp Towel – or chamois (not cotton) quick drying, anti microbial (Must roll up very small – no beach towels)
- Back up tube of sun block, bug spray, etc.- for extended trip refills
- ID
- OneLife provided toilet paper

Camp/Day Hike Kit

- Bible
- Small Notebook/small sketchbook/pen or pencil
- Headlamp w/extra batteries or solar charger
- Pocket knife or multi tool with knife – recommend Victorinox Trekker
- Personal mess kit w/ mesh drying/stow bag – utensil(s), cup, bowl
- Small compressible daypack for day hikes

Group Gear

OneLife will be providing gear for paddling, rescue, signaling, navigation, repair, first aid, and cooking. The trip leader will be organizing group gear.

Paddling Essentials – OneLife will provide, but...if you want to bring your own boat and paddling gear,

you should have at a minimum:

- Boat with watertight bulkheads or reliable floatation, solid foot pegs, no major leaks
- All hatch covers must be present and working, preferably with tethers
- Paddle in good condition appropriate for your body and boat
- Spray skirt in good condition, with good fit on your boat
- Coast guard approved PFD with whistle

Dress Code

Women/Girls

- € No midriff shirts/tummy rings
- € Straps on sleeveless tops must be at least the width of three fingers. Sports bras are acceptable under shirts.
- € Shorts should be no more than 6 inches above the knees

Men/Boys

- € Pants must fit waist and not hang on hips or expose underwear.
- € Shirts will be worn at all times.
- € Shorts should be no more than six inches above the knee.

A couple of pointers to make expedition a better experience:

- 1. Decrease the amount of caffeinated drinks coming into expedition.** This will help with any withdrawal symptoms that may be exacerbated due to the increase of water consumption and physical activity during the expedition.

- 2. Get outdoors and active** (if you are not already). It will only make expedition even more enjoyable and fun! You might do things such as running, walking, push – ups, crunches, etc to start preparing for the physical activity of the expedition.