

Kayak Trip List

(kayak.docx June 19, 2013)

Here is my list. There is some personal stuff on here that may not apply but if you have considered everything on this list you should be in good shape.

Accessories

- ☐ 2 l of water per person per day
- ☐ axe
- ☐ batteries for headlamp and vhf
- ☐ binoculars
- ☐ books
- ☐ bungies (4+)
- ☐ camera
- ☐ cell phone with a full charge
- ☐ chart
- ☐ cleaner for cleaning sunglasses
- ☐ compass in pfd
- ☐ cordura blue zippered pouch
- ☐ cutting board
- ☐ dromedary
- ☐ emergency fire starter (in pfd)
- ☐ fanny pack
- ☐ fanny pack - heavy rubber bands
- ☐ fanny pack - insect repellent
- ☐ fanny pack - knife
- ☐ fanny pack – lighters / matches
- ☐ fanny pack - pen & paper
- ☐ first aid kit
- ☐ fishing gear
- ☐ fishing licence
- ☐ fishing reel
- ☐ fishing regulations
- ☐ flares
- ☐ harmonica
- ☐ headlamp & spare 3 aaa batteries
- ☐ kayak carriers
- ☐ level for fixing tenting spots
- ☐ mesh bag
- ☐ money
- ☐ nail to assist in filleting fish
- ☐ paddles (2 sets)
- ☐ Pen
- ☐ PFD for each person
- ☐ plastic bags for water
- ☐ plastic water container
- ☐ pogeess
- ☐ pump (in kayak)
- ☐ radio
- ☐ reading glasses
- ☐ road maps if required
- ☐ rope – 29 lengths for 2 tarps
- ☐ self rescue device (paddle float)
- ☐ spare batteries for headlamp/radio
- ☐ spare large baja bag
- ☐ sponges (2 kidneys + one smaller)
- ☐ starchart
- ☐ string
- ☐ sunblock
- ☐ sunglasses
- ☐ tarp for tent (& other uses)
- ☐ thermometer
- ☐ tide and current tables
- ☐ trailer for kayak
- ☐ VHF
- ☐ water bottle
- ☐ waterproof baja bags + empties
- ☐ wine
- ☐ wipes – travel pack
- ☐ zip lock bags (small & medium)

Clothes

- | | |
|---|--|
| <input type="radio"/> bags for dirty clothes | <input type="radio"/> poly pants |
| <input type="radio"/> bandana | <input type="radio"/> poly socks |
| <input type="radio"/> cap | <input type="radio"/> rainpants |
| <input type="radio"/> clothes pegs (a few) | <input type="radio"/> rubber booties |
| <input type="radio"/> fleece sweater | <input type="radio"/> running shoes |
| <input type="radio"/> gloves | <input type="radio"/> sandals |
| <input type="radio"/> gortex jacket | <input type="radio"/> shorts |
| <input type="radio"/> headband | <input type="radio"/> waterproof pants |
| <input type="radio"/> nylon top and pants | <input type="radio"/> wide brimmed hat |
| <input type="radio"/> poly long sleeved shirt | <input type="radio"/> wool or poly socks |
| <input type="radio"/> | <input type="radio"/> wool toque |

Cooking / Eating Equipment

- | | |
|--|---|
| <input type="radio"/> cutlery bag | <input type="radio"/> funnel for fuel |
| <input type="radio"/> cutting board | <input type="radio"/> knife (multiple head tool set) |
| <input type="radio"/> dish soap | <input type="radio"/> pot set (includes cutlery, cups, bowls) |
| <input type="radio"/> foam piece for washing dishes | <input type="radio"/> scour pad (in pot set) |
| <input type="radio"/> frisbee = cutting board, plate | <input type="radio"/> stove |
| <input type="radio"/> fuel - main and spare bottle | <input type="radio"/> wire rack for cooking over fire coals |

First Aid Kit

- | | |
|--|--|
| <input type="radio"/> 2 7 x7 cm gauze pads | <input type="radio"/> pepto bismal |
| <input type="radio"/> 2 needles | <input type="radio"/> small scissors |
| <input type="radio"/> acetaminophen | <input type="radio"/> tape (white adhesive) |
| <input type="radio"/> antihistamine | <input type="radio"/> tube polysporin |
| <input type="radio"/> eye dropper | <input type="radio"/> tube vaseline |
| <input type="radio"/> laxative tablets | <input type="radio"/> tums |
| <input type="radio"/> lip balm | <input type="radio"/> tweezers |
| <input type="radio"/> long roll of white gauze | <input type="radio"/> various elastoplast bandaids |
| <input type="radio"/> moleskin | <input type="radio"/> white thread |
| <input type="radio"/> magnifying glass | <input type="radio"/> |

Food

Breakfast

- ☐ alpen works great – and its healthy
- ☐ canned peaches
- ☐ dried fruit
- ☐ granola
- ☐ instant porridge
- ☐ juice in bag
- ☐ powdered juices
- ☐ powdered milk

Lunch

- ☐ bagels
- ☐ candies
- ☐ cheese – harvarti with herbs
- ☐ cooked ham
- ☐ crackers – stoned wheat thins
- ☐ creamed cheese (Imperial)
- ☐ crystal light
- ☐ dried veggie flakes
- ☐ fresh fruit
- ☐ hardtack
- ☐ noodle soup
- ☐ redoxin
- ☐ Sausage or meat slices
- ☐ tomato paste in a tube

Dinner

- ☐ Apples / oranges (oranges are better)
- ☐ cans of chicken, tuna and ham
- ☐ chili ingredients
- ☐ cous cous
- ☐ dried japanese soup noodles
- ☐ dried vegetables (dried peas are great)
- ☐ fresh vegetables – carrots, broccoli
- ☐ ham slices (sealed)
- ☐ tea
- ☐ humus powder (Thriftys)
- ☐ instant potatoes (flakes)
- ☐ Cheese spread (name?)
- ☐ liquor
- ☐ one dish noodle and rice dinners
- ☐ Bulk pasta + spice in envelope
- ☐ sealed salad – lasts for days
- ☐ spices – salt, pepper, olive oil, parmesan
- ☐ Spices2 -
- ☐ spices3 - hot sauce, soya sauce, chili flakes
- ☐ tofu cutlets (spiced)
- ☐ tomatoes (fresh)
- ☐ vegetarian ground beef

Other

- ☐ candies
- ☐ crawdads
- ☐ dried banana
- ☐ dried mangoes from China town
- ☐ dried fruit (breakfast with oatmeal)
- ☐ can opener
- ☐ evaporated 2% milk for tea
- ☐ gorp
- ☐ pistachios
- ☐ Wine (or Southern Comfort instead)
- ☐ water – 2 litres/person/day
- ☐ (water – 2.5 L/day if want to wash)(

Group Stuff

- ☐ one big pot
- ☐ one axe

Over-Nighting Gear

- ☐ fleece sleeping bag liner
- ☐ foam
- ☐ hammock
- ☐ large nylon tarp
- ☐ Pillow
- ☐ pillow case to hold material together
- ☐ sleeping bags
- ☐ tent and poles
- ☐ tent fly (in separate bag)
- ☐ thermorest
- ☐ thermorest seat cover
- ☐ long undies – no bag-skin contact

Toiletries

- ☐ comb / hair brush
- ☐ diapers
- ☐ floss
- ☐ hand lotion
- ☐ kitchen type cleaner
- ☐ mirror (in compass)
- ☐ q-tips
- ☐ rubber gloves
- ☐ salt water soap for ocean bathing
- ☐ small pack of kleenex
- ☐ sponges for face and body
- ☐ baby powder (works great!)
- ☐ toilet paper
- ☐ toothbrush
- ☐ toothpaste
- ☐ wipes

What Not to Bring

- ☐ Butter – bring lots of olive oil and butter is not necessary
- ☐ Cotton clothing of any type
- ☐ Washing basin - wash dishes in ocean or use large cooking pot

Other Tips

- ☐ Ziplock baggies – small and medium sized. Don't get the zippered ones
- ☐ Pack clothes in small clear baja bags
- ☐ Paralytic Shellfish Poisoning – call for status at 604-888-2828
- ☐ Rubber boots – they are an absolute must in cool / wet weather
- ☐ Use plastic “clamshells” to carry fragile food like tomatoes or fruit
- ☐ Milk for tea. Bring canned evaporated milk. Bring 2 small cans, one in a container, the other in the can to be opened later.
- ☐ Fill 500 ml jam container to the top
- ☐ Make sure the charts I bring have the scale written on them

- Buy the food just before the trip and bring it in a cooler with ice
- Have I filed a trip plan with one or more people?

Note: If you have any suggestions for improving this list or would like an updated copy, send an e-mail note to reg.brick@shaw.ca

Trip Specific Notes:

[illegible]

Kayak Food List for 9 Days

Breakfasts

- ☐ 10 packets of oatmeal for 5 days
- ☐ 2 bags of dried fruit
- ☐ 1 small bag of pancake mix (add water) for 4 days
- ☐ powdered milk for the pancake mix
- ☐ small bottle of syrup
- ☐ 4 small cans of peaches
- ☐ 3 oranges

Lunches

- ☐ 1 box of hard tack (about 20 slices)
- ☐ 1 large block of cheese cut into 2 halves in separate bags
- ☐ 1 squeeze tube of tomato paste
- ☐ Several tomatoes in a plastic container (same as one for hard tack)
- ☐ Crystal light
- ☐ 2 packages of thinly sliced pre-packaged meat. Very good and lasts a long time.

Dinners

- ☐ 1 full small ziplock of dehydrated vegetables
- ☐ 5 noodle soups – cut into halves so 10 halves
- ☐ Vegetarian hamburger.
- ☐ 5 cans of sardines
- ☐ Bagged spinach to make salad for the first few days
- ☐ Frozen chicken breast
- ☐ Cook eggs or other veggees packed in container with tomatoes

Other

- ☐ 4 small bags of trail mix
- ☐ Fill my large plastic container with apricot jam
- ☐ Small peanut butter – plastic container
- ☐ 20 Tea bags
- ☐ 1 small plastic container of evaporated milk
- ☐ 2-3 cans of 5 Alive.
- ☐ Couple of chocolate bars