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| 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.

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| **Accessories** |

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

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

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| **Cooking / Eating Equipment** |

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

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| **First Aid Kit** |

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|  | 2 7 x7 cm gauze pads |  | pepto bismal |
|  | 2 needles |  | small scissors |
|  | acetominophen |  | tape (white adhesive) |
|  | antihistamine |  | tube polysporin |
|  | eye dropper |  | tube vaseline |
|  | laxative tablets |  | tums |
|  | lip balm |  | tweezers |
|  | long roll of white gauze |  | various elastoplast bandaids |
|  | moleskin |  | white thread |
|  | magnifying glass |  |  |

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| **Food** |

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| **Breakfast** |

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

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| **Lunch** |

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

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| **Dinner** |

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

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| **Other** |

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

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| **Group Stuff** |

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|  | one big pot |  | one axe |

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| **Over-Nighting Gear** |

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

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| Toiletries |

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

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| **What Not to Bring** |

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|  | 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 |

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| **Other Tips** |

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|  | 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? |

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| **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 Specfic Notes:**

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# 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