



Mexico Sea Kayaking Equipment List

The weather of Baja California is quite beautiful and sunny. Even so, in the winter months, nighttime temperatures can dip below freezing and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will work together to provide appropriate insulation in the most demanding conditions. Because it can snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronilla, fleece, and pile are best, wool will also work. Cotton, with the exception of a t-shirt for the sun, is unacceptable. It is a good idea to test out your gear before you arrive in Mexico.

Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable, except for a sun shirt while hiking on warm days.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight top made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue/etc...) is a good idea, because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. That being said, your mid-weight base-layers should be darker so that they do absorb the sun's warmth.	-
Tee Shirt	2		To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool. (a soft shell is an acceptable substitute)	-
Paddling Jacket	1		A jacket made of waterproof / breathable material such as Gore-Tex is best. It is to be worn while paddling and should fit over several layers. Consider the Sierra Designs N2 Fusion jacket.	-

Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight bottom layer made of synthetic material that can be worn together to increase warmth.	-
Underwear	2-4 pairs		Synthetic briefs and underwear will keep you comfortable and hygienic during high output. Plan on bringing one pair per 4-6 days of use.	-
Shorts	2		These are nice to wear around camp on the warmer days. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear.	-





Paddling Pants	1		Pants made of waterproof material are best. They can be inexpensive rubber rain gear or high end kayaking specific pants. Sierra Designs Isotope and Hurricane pants are ideal.	-
Swimsuit	1		Essential for Baja	-

Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm-Hat	2		Should be made of synthetic material or wool, cotton is unacceptable and dangerous.	-
Sun-Hat	1		The sun can be very bright (especially with reflection off the water), the more protection your cap offers from the sun, the better.	-
Sunglasses	1		Dark lenses are a must. The sun can be very bright (especially with reflection off of the water) and can cause permanent eye damage. Most of our instructors wear Costa Del Mar sunglasses	-
Light Weight Gloves	1		Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth.	-
Neoprene Paddling Gloves	1		A lightweight glove is essential for protecting your hands from the sun and blisters.	-
Socks	2-3		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.	-
Wet Shoes	1		These should have thick soles, neoprene cuffs, and straps to secure the foot. The thick sole is critical to avoid hurting your feet on sea urchins and barnacles.	-
Light Hiking/Camp shoes	1		For periodic day hikes. A low top hiking shoe with cloth uppers is best. These are in addition to your wading shoes.	-

Paddling Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Paddle	1		It's often difficult to travel with a kayak paddle, however if you already own one and would like to bring it, please feel free.	Provided
Dry Bags	3-4		For personal clothing and equipment.	Provided
PFD	1		Class III personal flotation device is required, and will be provided if you don't already have one.	Provided
Spray Skirt	1		For expedition kayaking, we typically recommend coated nylon spray skirts.	Provided
Large Duffel	1		For carrying personal gear from the beach to the campsite.	-

Sleeping Bag & Pads

Having a good sleep system is essential in the mountains. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet.





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Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping bag	1		We recommend a synthetic fill bag with a comfort rating of 20 degrees Fahrenheit. Sierra Designs sleeping bags are an excellent choice.	YES
Sleeping pads	2		A system of one compact inflatable pad ('Thermarest) and one closed cell foam pad works best to insulate when sleeping on cold ground and will provide the most comfort.	YES

Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Passport	1		Don't forget! Accompanied by 4+ passport photocopies to be carried with you.	-
Eating Utensils	-		Bowl & Spoon (Lexan or titanium work well), as well as a 14oz mug with a lid for hot drinks.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries.	-
Toilet Paper	1		Bring your own in a Ziploc bag.	-
Iodine	1		A bottle of 'Polar-Pure' Crystals is the most convenient, but 'Potable Agua' works well also.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin or Erythromycin is REQUIRED . Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-Aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. If you have any questions please don't hesitate to call us at 1.800.985.4957	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best.	-
Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Bandana	1		Used for extra sun-protection. Your t-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack.	-
Garbage & Ziploc bags	variety		To keep your gear dry inside of your kayak. (e.g. line your stuff sack with a garbage bag before you stuff your sleeping bag in there)	-

Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Energy/Candy Bars	0-20		Bring bars that taste good!	-
Moist Towelettes	0-20		This will be as close to a shower as you will get, we recommend one wipe per day.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Journal	1		'Rite in the Rain' or similar water resistant paper work best.	-
Camera	2-4		Digital or Film. If you are buying a digital camera; one with a view finder will allow you to take photos when it is too bright to see the	-





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			screen and helps save batteries. A camera that is compatible with AA's allows you to bring extra batteries that don't cost an arm and a leg. Bring an extra memory card.	
Ground Cloth	1		Some students like to sleep outside under the stars. Also, this will keep your gear out of the sand.	
Small Backpack	1		A small (~20 liters) rucksack for carrying gear on day hikes.	

Additional Information



We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



We provide the following: tents, group climbing equipment, expedition first aid kits, cooking equipment, and trip food.

Please don't hesitate to call us with any questions 1.800.985.4957

