



for 4+ days guided sea kayaking in the Pacific West Coast Rainforest

Entering the Park via Hand Island, Pacific Rim National Park Reserve

# BATSTAR

## Adventure Tours

## West Coast Sea Kayaking 2012 Gear List

### Dress for the Environment

When you sea kayak on the West Coast, you can expect a mixture of sun, rain, and wind—sometimes all in the same day. The key to enjoying the experience is to clothe yourself in layers of synthetic fabrics that wick away perspiration and repel water. I've found that Patagonia Capilene® underwear works great, even when soaking wet. There are some excellent options in wool and silk for those who need or prefer natural fibres. I love cotton and bring it in my dry bag for wearing only in camp and at night.

### Rain Gear

I use a Patagonia sea kayak paddling jacket on the water if it is rainy or windy. On land I wear a light weight Arc'Teryx jacket that compresses well and is highly breathable. You can use your waterproof/breathable jacket on the water and in camp. Waterproof/breathable rain pants also work well. Use a good rain hat with a wide brim so that the rain doesn't run down the back of your neck. If your rain hat is breathable, it also serves as a good sun hat. And don't forget your rubber boots—nothing beats rubber boots in the rain and in the intertidal zone.

### Clothes

- underwear, capilene® silk weight or other lightweight synthetic (cotton stays wet)
- sports bra or synthetic bra personal preference
- 4 pair hiking socks (wool or synthetic)
- t-shirt, capilene® or lightweight synthetic
- underwear, light weight (top and bottoms)
- underwear, expedition weight (top and bottoms)
- 2 long-sleeve synthetic T or Zip neck shirt
- 2 fast drying hiking/paddling shorts
- fast drying pants (no jeans)
- bathing suit
- cotton t-shirt (in camp)
- cotton long-sleeve shirt (to sleep in)
- sweats or fleece (to sleep in)
- fleece jacket (200 or 300 weight)
- fleece or wool toque
- fleece side zip pants or tights (200 or 300)
- fleece vest (optional)
- waterproof hat with brim

- fleece gloves
- waterproof, breathable jacket
- waterproof, breathable pants

### Footwear

- approach shoes or runners
- rubber boots (a must!)
- water sandals

### Accessories

- 1-litre water bottle with nylon holder (to lash to deck)
- a good book
- ball cap  bandana
- binoculars  camera
- headlamp / flashlight
- lighter
- pack towel and face towel
- small, collapsible umbrella
- sunscreen

### Personal Items

- extra glasses/contacts
- floating eyeglass strap
- pillow (no bigger than 12" x 9"; new pillow may also be purchased on arrival)
- prescriptions (twice as much as required in two separate containers)
- sunglasses (good quality, polarized is best)
- toilet kit (toothbrush, comb, etc.)
- ear plugs
- moist towlettes (small package)
- toilet paper is supplied by Batstar**

### Please contact us if you have any questions about the gear list.

The first lesson in the outdoors is to dress for the environment. You can have a great time in any weather with the right gear. With your spray skirt, jacket and rain hat on, sea kayaking in the rain is a great experience.

Batstar's professional guides also help take the edge off inclement weather. Their skill, training and experience make all the difference.