



Baja Sea Kayaking Equipment List

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.

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.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	1		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. Conversely, your mid-weight base-layers should be darker so that they do absorb the sun's warmth.	-
Tee Shirt	4		Long sleeve shirts make for good sun protection	-
Medium Weight Top	1		To be worn over the base layers and should be synthetic or wool. (a soft shell is an acceptable substitute)	-
Heavy Weight Jacket	1		Should be synthetic and fit over all your layers.	-
Water Proof Jacket	1		Just in case	

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 bottoms made of synthetic material that can be layered together to increase warmth.	-
Fleece or Synthetic Pants	1		These should be either fleece or synthetic. We recommend the Patagonia 'micro-puff pants'	-
Shorts	2 or 3		Synthetic will dry faster and be more comfortable for long periods of wear.	-
Bathing suit	1 or 2			

Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We as humans 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	1		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.	-

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Sunglasses	1		Dark lenses are a must. The sun can be very bright (especially with reflection off of the water/snow) and can cause permanent eye damage. Most of our instructors wear Costa Del Mar sunglasses	-
				-
Socks	2-3		For inside your hiking shoes	-
Neoprene booties/ sandals	1		For protecting your feet from sea urchins and other sharps	-
Camp Shoes	1		Light weight running shoes for island hiking.	-

Paddling Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Dry Bags	3-4		For personal clothing and equipment.	Provided
Compression Stuff Sack	2		15-20 liters. Line these with garbage bags to create a great dry bag for your clothes/ sleeping bag that is much easier to use than traditional vinyl dry bags.	
Lightweight, Large Duffel	1		For carrying personal gear from the beach to the campsite. Should be lightweight and made of nylon (not cotton).	-

Sleeping Bag & Pads

Having a good sleep system is essential in Alaska. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet. In a maritime climate like southeast Alaska, a synthetic fill sleeping bag is a must.

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. Kelty bags work well.	YES
Sleeping pads	1		A compact inflatable ('Thermarest) or closed cell foam pad	YES

Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Beach Towel	1			
Headlamp	1		We recommend LED headlamps, because they are lightweight, long lasting & durable. Bring extra batteries.	-
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 on all trips longer than 3-days. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-aids, and Neosporin.	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best.	-

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Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Moisturizer	1		Keep the skin feeling good	
Stuff Sacks	2-4		For organizing your gear inside of your dry bags.	-
Garbage & Ziploc bags	variety		For wet gear and organizing your things	-

Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Energy/Candy Bars	1/day		Bring bars that taste good – for in between meals	-
Moist Towelettes	2/day			-
Book	1-2			-
Journal	1		'Rite in the Rain' or similar water resistant papers work best.	-
Camera	1			-
Paddling Pants	1		Pants made of waterproof material are best. They can be inexpensive rubber rain gear or high end kayaking specific pants.	-
Paddling Jacket	1		Jackets made from waterproof material and with wrist gaskets work best.	
Paddling Gloves	1		Biking gloves work well.	

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



Please don't hesitate to call or email if you have any question on anything!

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