

## Mothership Trip Kayak Gear List

### Paddling items

- ◆2 Water bottle (at least 16oz-32 oz)
- ◆Hat with visor \*
- ◆sunglasses \*
- ◆strap for sunglasses \*
- ◆Shoe: Booties, water shoes, sandals with closed heel strap or sneakers
- ◆Sunblock and lip balm (sun on water can be strong!) \*
- ◆Synthetic quick Dry Clothes (tops and bottoms) NO Cotton while paddling!
- ◆Synthetic jacket or pullover
- ◆Wind jacket
- ◆Insect repellent

### Optional on water items

- ◆Paddling gloves/ biking gloves \*
- ◆Camera (waterproof or with waterproof container) \*
- ◆Dry Bag for clothing (we are happy to provide these)
- ◆Compass \*

### Personal items

- ◆Special snacks
- ◆Journal
- ◆Small backpack or fanny pack for hiking
- ◆Bathroom essentials
- ◆flashlight \*
- ◆headlamp
- ◆extra batteries

### Clothing

- ◆2 Synthetic tops (long sleeve & short sleeve) \*
- ◆2 synthetic bottoms (pants and shorts)
- ◆synthetic underwear
- ◆quick dry synthetic hiking pants (zip off to shorts are great!)
- ◆t shirt
- ◆bathing suit
- ◆waterproof shell jacket \*
- ◆waterproof shell pants \*
- ◆hat... wool or fleece
- ◆hat... with brim for sun or rain \*
- ◆gloves fleece or polypro (several pairs) \*
- ◆sport sandals (with good support and grip)
- ◆extra shoes
- ◆socks (wool or synthetic)

### Other:

- ◆If you have something specific besides water that you like to drink for hydration please bring it. (we will provide additional drinks with meals, including coffee and juices)
- ◆Bring your own drinks (ie wine, etc)for evening cocktails

*We have items with (\*) available at Castine Kayak Adventures Kayak shop! Let us know if we need to save items for your trip!*