



BRITISH COLUMBIA – PACKING LIST

Celebrating over 20 years of 'once-in-a-lifetime' moments

We are excited to see you soon for your kayaking and camping tour with ROW Sea Kayak Adventures! The packing list outlined below is meant to serve as a guide to help you plan, prepare and outfit yourself for your upcoming travels. We have provided our best recommendations and suggestions. These suggestions are based on the outlined itinerary, the geographic region, our knowledge of British Columbia, and our personal experience.

Luggage Recommendations:

ROW's adventures are best enjoyed if you travel light. For our British Columbia wilderness tours we recommend packing as lightly as possible. We think it is wise to avoid checking any luggage under the plane. If you do check a bag, make sure that you have everything that is either essential or would be hard to replace, with you in your carry-on bags.

Packing for Your Kayak Tour:

ROW will provide all necessary paddling equipment including: personal flotation devices (PFDs), all kayaking equipment, and neoprene booties. ROW will also provide all necessary camping equipment for your tour, including: tent, cot, sleeping bag, sleeping bag liner and pillow. It is vital that all of your kayaking clothes are synthetic or wool, **not cotton**. As we like to say in the world of kayaking, "cotton is rotten!" Synthetics are also ideal for hiking in as they wick away moisture from the body and dry quickly. Packing efficiently will make loading your kayaks easy and enable you to quickly find your gear during the tour. Plan to use 1-2 kayaking outfits and 1-2 camp outfits that you will reuse throughout the trip. You are welcome to bring extra clothing for before or after your trip. This additional clothing and luggage can be stored in a secure closet at the hotel while you are on your kayaking tour.

Dry Bags:

At the orientation meeting we will provide each guest with 2 dry bags (two 20 Liter). The guides will provide a full explanation of how to use and pack your dry bags. That evening you will pack all of your gear for the kayaking trip into your two dry bags. The rest of your luggage can be checked into the locked hotel closet the following morning before departing for your tour.



- This is an example of the dry bag that you will be provided. Each set of dry bags will have a name (Sea Otter, Humpback, Orca) to help you in identifying your personal gear while out on tour. While you will have a total of 40 Liters of space, it is important to embrace "packing light." This doesn't mean that you have to pack light for your entire vacation, just think small and light for anything you plan to bring kayaking. If you have any questions or need gear suggestions please don't hesitate to call the office or shoot us an e-mail. We are happy to help!

Essentials:

- Passport – be sure it is valid for at least six (6) months after the date of your arrival
- A photocopy of your passport, inside a zip lock bag and stowed elsewhere in your luggage (*as an additional precautionary measure, consider leaving a photocopy with family or friends at home as well*)
- Copy of your air tickets with ticket numbers, placed elsewhere in your luggage
- Cash for gratuities
- Credit card that works internationally, ideally with chip technology (*Call your bank and let them know where you will be traveling*)
- Waterproof Watch or small travel clock with alarm (*if you are taking a phone, this can serve as your alarm clock*)
- TSA-accessible lock for luggage security when not on your person (*optional- can buy these at any outdoor or travel store.*)



British Columbia Kayaking & Camping Clothes: Only synthetic or quick-dry materials should be worn while kayaking

- One pair of paddling gloves (*optional*)
- One pair long, lightweight, nylon pants with zipper pockets (*Zip off legs give you more options*)
- One - two pair nylon shorts or capris (*this can double as a swimsuit for the guys*)
- One pair synthetic or merino wool long underwear
- Swimsuit for gals
- One - two short sleeve shirt(s) of tank top(s) (*synthetic is best*)
- Two long sleeve shirts with sun protection (*You can buy tight-weave nylon shirts with 30 SPF protection made by companies such as Patagonia, Columbia, Exofficio or REI etc. Sun protection is essential*)
- Four to five pair underwear (*synthetic is best*)
- Two - three pair synthetic or merino wool socks
- One wide-brim, tie-on hat (*the floppy nylon variety is ideal, as it packs well*)
- One warm hat
- One lightweight, packable jacket and/or vest (*Synthetic is ideal for packing light*)
- One wool or synthetic sweater or jacket for warmth in the evenings and mornings
- One waterproof jacket and pair of waterproof pants
- Paddling jacket (*optional, if you do not have a paddling jacket your regular rain jacket can be worn while paddling if needed*)
- One pair sturdy trail shoes, or running shoes, to use for hiking and around camp
- One pair sandals with ankle straps to wear while kayaking, on the beaches, walking around camp, etc. (*Chaco, Keens or Crocs are preferred but there are many other brands that are suitable*)

Gear and Other Essentials:

- Headlamp (*it's a good idea to pack extra batteries and possibly an extra bulb*)
- One water bottle (*1 Liter works best*)
- One buff or bandanna for sun protection and cooling off
- Camera, batteries, battery charger (*Mophie battery packs (external battery pack) for all USB enabled devices are a great option*)
- Binoculars (*Optional but nice for bird and wildlife watching*)
- Sunglasses, polarized are highly recommended for sun protection and enhanced clarity
- Retaining strap for glasses and sunglasses (*Chums, Croakies or similar item. We will have these for sale at the orientation meeting*)
- Extra pair of sunglasses and glasses/contacts
- Three to four kitchen garbage can liners (*These are great for wet clothes, dirty laundry, soiled shoes, etc.*)
- A few quart-size or 1-gallon Ziploc bags (*Very handy for personal items as well as packing sunscreens, lotions or anything that might make a mess*)
- Books or E-reader, pen and note pad, deck of playing cards or other games, etc. (*we recommend 1-2 books at most; keep games and "extras" small in size and to a minimum*)

Toilet Kit/First Aid:

- Standard toiletry kit including general hygiene products (*keep liquids under 3.38 oz. for carry-ons*)
- Dry Shampoo (*optional*)
- Sunscreen & lip balm with SPF 15-30
- Pre-moistened toilette packets or disposable shower wipes to refresh
- Personal medicines/prescriptions (*Dramamine-motion sickness, Benadryl -allergic reactions, Advil or Aspirin, etc.*)
- Insect repellent
- Skin lotion
- Small squeeze bottle of hand-sanitizer gel