



**MOONDANCE**  
sea kayak adventures

## Suggested Clothing and Equipment for a 2-3 Day Trip

### CLOTHING:

- Long underwear: polypropylene or merino wool tops and bottoms (1-2)
- Pants: quick-drying synthetic (1-2)
- Insulating Jacket/Vest (1-2)
- Socks: wool or thick synthetic (3-5)
- Undies: one for each day of course
- Shorts/T Shirt/tank tops: synthetic (1)
- Rain Gear: top, bottom and hat (rain gear that works well can make the difference for a comfortable experience)
- Sun Hat: brimmed
- Warm Hat: wool or synthetic
- Mittens/Gloves (for camp): wool or synthetic
- Paddling Gloves: neoprene are best
- Footwear: for paddling
- Footwear: for camp and walking (socks with sandals work well if you'd like to fit in with Washingtonians :)

### BRING:

- High energy snacks
- Water bottle (1 Litre filled)
- Small day pack
- Sunscreen/Lip salve
- Sunglasses
- Flashlight or headlamp/extra batteries
- Personal toiletries
- Toothpaste, biodegradable soap
- Towel: quick dry or synthetic
- Insect repellent (optional)



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- Medications (please let us know if you have any conditions that we need to be aware of).

### **EQUIPMENT:**

Catered trips will include tent, sleeping pad and sleeping bag, but we suggest you may want to bring your own...

- Camp pillow

### **EXTRA/OPTIONAL:**

- Camera Gear: protected from salt water
- Pocket Knife
- Book
- Binoculars
- Drawing or Writing Material
- Fishing Gear/License (optional)
- Compass (optional)

### **REMEMBER:**

- Be prepared for weather changes.
- We will provide you with dry bags to protect your gear.
- Pack several small bags rather than one large one.
- Pack compactly-this makes loading the kayaks easier.
- Bring high-energy snacks, and at least one quart of water.
- You may not need all of this. Use your own judgment to be prepared.

### **EMERGENCY PHONE NUMBERS:**

- St. Joesph Hospital   **911** or General (360) 671-1366
- Skagit Valley Hospital   **911** or General (360) 424-4111
- Moondance Office   (360) 738-7664



### **GRATUITY:**

Tips are never expected, but are appreciated when received. If you feel you received exceptional service from your guides, please feel free to give whatever you are comfortable with. All tips are split equally among the guides on your trip.

### **QUESTIONS:**

If you have any further questions at any point in time, please don't hesitate to ask! That is what we are here for! (360) 738-7664 or [info@moondancekayak.com](mailto:info@moondancekayak.com).

### **SELF-CATERED TRIPS:**

Remember to pack the following along with the items listed above.

- Camping Equipment:** packing like a backpacker works best.
- Tent:** in good condition with a full rain fly and ground cloth.
- Sleeping Bag:** rated for temperatures 20 degrees F. No cotton please!
- Sleeping pad**
- Camp pillow** is always nice to have.
- Camp Kitchen:** Small pots, utensils, cutting knives, small camp stove, fuel canister, plates, bowls, coffee filter mug/cup, zip-loc bags for left overs or food storage, biodegradable soap for cleaning (allowed in some areas).
- Food:** We will provide dry bags for your dry food. If you would like to bring a cooler full of food items soft coolers generally work best, but check in with us if you would like to use a small hard cooler as some of our trips can accommodate a cooler with the dimensions 12.5"h x 22"l x 13" d.