

Packing List Overview

Notes on Clothing Summers in Coastal Maine have a broad range of temperatures. While it may be hot during the day, nights can still be cool. It is strongly suggested that all participants pack a midweight insulating layer such as a fleece for evenings in camp or rainy days on the water. Do not pack any cotton clothing for your trip (with the exception of your travel clothes). Cotton is a poor insulator when wet. Synthetic or wool are good choices.

Notes on Personal Gear Expeditionary sea kayaking differs substantially from backpacking: while weight is not as large of a factor in sea kayaking, participants should pay extremely close attention to the bulkiness of their gear. Bulky gear is difficult (or impossible) to pack into a sea kayak hatch and therefore backpacking-style gear is required. Car camping-style sleeping bags and tents are not acceptable because they will not fit into the kayak.

Food All food, including snacks, are provided for these trips! Each day's menu includes at least 3000 calories per person. You may send a couple extra snacks per day if you wish but they are not required. As with personal gear, extra food should be small and easily packed down (no cardboard boxes, etc).

Crew Gear During Orientation, your Guide will distribute food and crew gear for which participants will be responsible for the duration of the trip. Owen Heil will provide the gear listed below. He will provide training on proper use of crew gear during orientation. Crew members are responsible for maintaining crew gear during the trip. Damaged or lost gear may incur additional cost. All crew gear will be inspected for condition before and after the trip.

Provided Crew Gear	
Paddling equipment	Tandem kayaks, paddles, PFDs*, spray skirts, bailers, safety/rescue equipment
Cooking equipment	Backpacking stoves, cook pots, fuel, lighters, dining fly, hand sanitizer, critter bag ropes/carabiners
Navigation	Charts, compasses
Safety	Crew First Aid Kit

*If your child already owns a PFD/life jacket appropriate for sea kayaking, they are welcome to use it. Please contact Owen Heil at least 3 weeks prior to the start of the trip to ensure its suitability.

Packing List

Failure to bring every required item on this list may incur additional cost. Optional items are marked as such. Owen Heil has a limited library of loaner gear. If your child does not already own an item on this list, please contact Owen at least 3 weeks before the trip to inquire about using loaner gear.

Pack System		✓
Hydration system (Camelbak, Platypus, or water bottles), 3-5 Liter total capacity		
Dry bags for personal gear*		

*See page 15 for more information on dry bags

Shelter/Sleep System		✓
Sleeping pad (backpacking style, inflatable is the least bulky)		
Sleeping bag (backpacking style, rated 40° or lower)		
Sleep clothes (one set)		
Backpacking style pillow (optional)		
1-2 person tent (compact/lightweight with rainfly, poles, footprint, stakes)		

Eating		✓
Spork or spoon (knife/fork unnecessary)		
Mess kit bowl and cup (full mess kit pot/pan, etc not needed)		

Navigation/Personal First Aid		✓
Headlamp & extra battery for headlamp		
Compass		
Band-aids (2-3 each of small, medium, and large band-aids)		
2 inch roll of gauze or 4-5 gauze pads		
Emergency blanket		
Duct tape/moleskin/Leukotape P for hotspots & blisters		

Clothing ✓	
Underwear/Sports Bra (1-2 pairs, synthetic compression style)	
Hiking shorts or swim shorts (2 pairs)	
Short sleeve shirt (synthetic or wool, 1-2 is sufficient)	
Long sleeve shirt (synthetic or wool, 1 shirt)	
Midweight layer (fleece, synthetic, or wool insulation)	
Rain gear (rain jacket mandatory, rain pants optional)	
Hat with brim	
Water shoes (sturdy shoes that can be worn in the kayak, while launching, and while landing--not flip flops or loose sandals)	
Camp shoes (comfortable shoes to be worn on land but can still get wet. Crocs are an excellent choice. No flip flops)	
Bandana or Buff (optional)	

Toiletries/Personal Items ✓	
1 roll toilet paper packed in ziploc freezer bag	
Daily medications	
Menstrual products (if applicable)	
Sunscreen & chapstick with SPF protection	
1 paperback book or eReader (optional)	
Small notebook & pencil for journaling (optional)	
Backpacking style towel	
Camera for pictures (optional)	
Earplugs (optional, but useful if tent-mate snores or if forest noises keep you awake)	
Ziploc bags (3-4 gallon freezer bags for waste disposal)	
Newspaper (10-15 sheets for waste disposal on islands w/o an outhouse)	
Toothbrush/toothpaste (travel size)	
Sunglasses with UV protection/polarization	
Bug spray (should contain DEET--heavy deer tick population on some islands)	
Bug headnet (optional)	

Dry Bags

General Info

Dry bags are some of the most important pieces of equipment participants are required to bring. Sea kayak hatches are not waterproof—they are “damp storage” at best. All personal gear (with the exception of water bottles/hydration systems and tent poles) *must* be packed into dry bags. Please do not pack anything into or send backpacks, duffles, or totes. They are not appropriate storage for sea kayak expeditions.

Recommendations

When shopping for dry bags, it is important to consider size and material. Many storage bags that are marketed as “dry” bags are more suited for backpacking where they will be contained inside a water-resistant backpack. Dry bags should be stuff-sack style and not have integrated backpack shoulder straps.

- **Size:** One large dry bag for everything will not work! Not only will huge dry bags not fit into the hatches, they pose a danger when attached to the kayak deck. In the event of a capsizing, they can create extremely hazardous conditions for both the person in need of rescue and the Guide. All participants should pack their gear into multiple smaller bags. Ten to twenty liter bags are best. Anything larger than 20L runs the risk of not fitting into the kayak. If a participant arrives with all of their gear packed into a single, large dry bag their parent or guardian will need to go to LL Bean in downtown Freeport to purchase appropriately sized replacements.
- **Materials/Specs:** Vinyl-coated materials and PVC are an excellent choice (Owen Heil uses these: <https://www.seallinegear.com/dry-bags/baja-dry-bag/baja-dry-bag.html>). If buying Nylon dry bags, look for the Denier number—a measure of the fabric’s thickness. The higher the number, the thicker the fabric (e.g. 50D is much thinner than 500D). Roll-top bags are vastly superior to ones that use ziploc-style closures or waterproof zippers.

Tips and Tricks

- Tent poles do not need to be kept dry. Tents will fit into dry bags much easier without them too! If packing poles separately from a tent, make sure they are still packed in the pole bag from the manufacturer to keep them from puncturing dry bags or getting bent/damaged in the kayak hatch.
- Do not pack water bottles or hydration bladders into dry bags. Dry bags are great at keeping water sequestered on one side of the bag. If water spills in the dry bag, it will stay there and get other gear wet.
- Know your organizational system. Have your child practice packing their gear ahead of time so they always know that this bag is for their clothes, that one for their tent, etc.
- When in doubt, opt for more/smaller dry bags over fewer/larger ones.