

Essentials

What to Bring and Wear for a Kayak Day Trip

- * Plenty of water (at least two liters)
- * Sun screen enough to apply several times during the day
- * Sunglasses with floating safety strap
- * No cotton denim jeans, comfortable shorts that are other than cotton
- * No cotton tee shirts or tank tops, long sleeve or short sleeve shirt other than cotton.
- * Hat
- * Lip balm
- * Snacks or lunch for a full-day trip