

## Essentials

### What to Bring and Wear for a Kayak Overnight Trip

- \* Personal clothing for warmth (no cotton please on the water).
- \* Personal toiletries
- \* Sleeping mat
- \* Sleeping bag
- \* Water-bottle for refilling
- \* Sunscreen
- \* Sunglasses with head restrainers
- \* Lip balm
- \* Dish and eating utensil
- \* Hat
- \* Flashlight
- \* Any necessary medication clearly labeled (please let me know so that I can store it in a dry box).
- \* Enthusiastic and positive attitude