



One-Day Sea Kayak Trip Equipment List

Paddling Attire:

- Pants or shorts (synthetic material is best)
- T-shirt or long sleeve shirt (synthetic material is best)
- Wool or fleece sweaters
- Shoes that can get wet and will stay on feet (old tennis shoes, sport sandals, wetsuit booties)
- Baseball cap or visor
- Sunglasses (with retention strap)

Other Personal Items:

- Sunscreen
- Lip balm with sun protection (SPF)
- Reusable water bottle with secure lid

Optional Accessories:

- Camera
- Binoculars

Items Not to Bring:

- Electronics (including cell phones)
- Expensive watches and jewelry

Weather on San Francisco Bay and Tomales Bay is highly variable. Please be prepared for both warm and cold weather.