



# GEAR LIST

ELEMENTS OF COASTAL KAYAKING

W/REBECCA DOUGHERTY

Hello,

Welcome to the coastal kayaking class at the Wooden Boat School. I'm looking forward to a fun week of paddling with you along the scenic Brooklin Maine coast and surrounding islands. While some of the class will be on land or "classroom" most of our time will be on the water learning skills in the context of a journey. As a group we will plan each day based on weather, tide, and interest. An emphasis will be on safety and learning core paddling skills while still exploring spruce covered islands with glacial erratics!

## **Equipment and gear:**

The Wooden Boat School will provide the kayak, paddle, sprayskirt and pump - feel free to use your own.

The weather on the coast of Maine in June can be hot and sunny or cool, rainy and foggy- often all in the same day! All clothing should be quick-dry synthetic wicking clothing or wool: avoid cotton. Most active sportswear will work fine. Kayaking is a water sport and you can expect to get at least a little bit wet every day.

Additional equipment you should bring:

**Hydroskins/Farmer John/Wet suit/neoprene layer** - The water temperature in June is usually in the mid to high fifties. The use of some kind of neoprene layer is recommended. There are a variety of styles and options depending on how easily you get cold, body types and preference. Most important is to keep your core warm.

**Long sleeve top** - rash guard, polypropylene or wool long underwear, guide shirt or fishing shirt, or neoprene

**Bottoms** - shorts, pants with legs that can roll up, leggings, neoprene

**Warm layer** - fleece, wool top or jacket

**Kayak footwear** - shoes than can get wet - water shoes, neoprene booties, or old tennis shoes will work fine. You want something that will protect your feet from rocks and barnacles but has good traction on slick rock or seaweed. Avoid sandals (even Tevas), open toe shoes, flip flops, Crocs, or thick-soled running or hiking shoes. You may want an extra pair of dry shoes to change into when not on the water.

**Socks** - I like to wear socks, even with water shoes, it helps with chafe and makes small rocks and sand that get into your shoes less bothersome. Quick dry synthetic or wool.

**Rain gear** - does not have to be expensive, or paddling top/bottom.

**Extra clothing** - you should have a change of clothing, top and bottom as an extra, just in case you get wet and want to change into dry clothes

**Bathing suit**

**Sun hat, Sun glasses, Sunscreen, eyewear retainer**

**Two water bottles**

**1 or 2 dry bags** (small-med, 5-20 liters, to keep personal gear dry)

**Base Plate Compass** (basic is fine)

Optional equipment you might like to bring, if you already have it (no need to purchase):

Chart of the area (104), waterproof camera or phone with waterproof case, paddling gloves, paddling jacket, handheld VHF radio, binoculars, nose clips or mask, sketchbook or notebook.

You will find all this gear at your local outfitter, surf shop, marine store or sporting goods shop and from large suppliers such as NRS ([www.nrsweb.com](http://www.nrsweb.com)) or REI.

I'm looking forward to meeting you Sunday evening for dinner at WoodenBoat. After dinner we will meet to discuss the week and plan for paddling the next day.

Looking forward to paddling with you, Rebecca Daugherty