## **SUGGESTED GEAR:**

Fleece or wool sweater
Foul Weather Gear (top and bottom)
Hat
Bandanna
Shoes (These can be a variety of typesboots, water shoes, sandals, whatever style you like. They will be wet, and need to protect you from barnacles and sharp granite. For year I wore high top canvas sneakers. Flip flops don't protect very well, and Crocs don't wade well. I recently became a convert to knee-high neoprene kayak touring boots. They are the only things I have found that keep the sharp, coarse Maine sand out while wading in the swash zone. I have the NRS Boundary Shoe (nrs.com) and love them. If it is too hot I either fold them down or slip them off while in the boat. Don't obsess about thisthe course is an opportunity to experiment. Sunscreen
Sunglasses
Daypack or tote bag to hold your own stuff
Optional, fun stuff: Binoculars, camera, hand compass, personal PFD, between meal treatsthis stuff
should minimal and packable.

We'll provide charts, food and water, PFDs, VHF radios, etc.