

# Kit List for Sea Kayaking

- Sea Kayak, paddle, buoyancy aid, spray deck
- Kayak Trousers and Cag or dry suit
- Warm thermal base layer
- Kayaking shoes or old trainers/ water shoes or neoprene boots
- A extra-sized windproof jacket to put on at lunchtime
- A full change of warm clothes in a dry bag
- Water bottle and/or hot flask
- Lunch/snacks
- Warm hat
- Suncream and sunglasses
- Any personal medication (inhaler, etc.)
- Cash/card
- Towel
- A dry bag for keys/phone etc.
- Camera

I will have the following items but you may wish to consider them

- VHF radio
- First Aid Kit
- Pogies/gloves
- Spare Paddle
- Tow rope