

CAROLINA OUTDOOR EDUCATION CENTER CLOTHING LIST: SEA KAYAKING WEEKEND

It is important that you are prepared for your sea kayaking experience. Please bring the following clothing and personal gear with you. If you have trouble finding anything on the list, please give us a call or send us an email, we will be happy to answer any questions or assist you in locating items for your trip. When selecting clothing, an important consideration is the material. Cotton clothing does not keep you warm if it is wet and it takes a very long time to dry. This can be desirable on a hot, sunny day but can mean hypothermia on a cool, cloudy, breezy day. Wool and synthetic fabrics dry quickly and will keep you warm, even if they are wet. Several layers of clothing made of these materials are best. This allows you to add or remove layers as your activity level and the temperature change throughout the day. If you do not have everything on the list we encourage you to borrow items from Carolina Outdoor Education's surplus clothing bin. **We have rain gear and warm layers available.** Make sure and let your Instructors know what you need at the pre-trip meeting. Please remember that forecasts rarely include the many microclimates within a region. You have a responsibility to the rest of the group to prepare yourself properly for any weather we may encounter. Please use discretion when adding items to this list because you will be carrying additional group equipment. If you have any questions or concerns please contact the Outdoor Education Center at 843-3233 or e-mail David Yeargan at dyeargan@email.unc.edu

FOOTWEAR

Paddling shoes: You need footwear while paddling because your feet are integral to the paddle stroke. Sandals do not provide adequate foot protection from oyster beds and other submerged hazards, should you come out of your boat while on the water. Old worn out running shoes are ideal.

Camp shoes: 1 pair. Lightweight running shoes to wear around camp. Gives your feet a break from your wet paddling shoes. No sandals or open-toe shoes as they often result in foot injuries, which can be a serious problem on any wilderness trip.

Socks: 3 pairs. Must be heavy Rag-type wool or synthetic.

Upper body garments should consist of insulation layers that will fit comfortably over each other, plus a windproof and rainproof layer. Combinations of the following garments are acceptable:

Rain parka: Durable, waterproof parka roomy enough to fit over insulation layers.

Under layer: Lightweight or medium-weight wool or synthetic top.

Secondary layer: Heavy-weight shirt or sweater of wool or synthetic.

Top layer: Heavy weight sweater or jacket of wool or synthetic

T-shirt: One nylon or cotton lightweight long or short sleeve shirt.

Lower body garments

Under layer: Lightweight or medium-weight wool or synthetic bottoms.

Long pants: Loose fitting pants made of wool or synthetic (WEATHER DEPENDENT)

Rain pants: Durable, waterproof pants. Should be roomy enough to fit over all lower body layers.

Shorts: 1 pair. Nylon athletic or running shorts.

Underwear: Bring underwear to meet your needs

MISCELLANEOUS PERSONAL GEAR

Sun/rain hat: Baseball or wide brimmed hat to block sun.

Warm hat: Wool or synthetic hat to keep you warm.

Sunglasses: 1 pair. Wrap around styles are helpful in windy conditions, especially for those wearing contacts.

Eating utensils: 1 each of durable spoon, bowl, and insulated mug.

Lip balm: 1 each. Sunburn protection is desirable.

Sunscreen: 1 small bottle or share with someone. SPF of 15 or higher is recommended.

Insect Repellent: Non-aerosol. Please do not bring products containing DEET as it melts nylon equipment.

Toiletries: Toothbrush, toothpaste, comb, soap (biodegradable), tampons. Bring enough for your needs.

Headlamp: A small, lightweight headlamp. Bring batteries.

Water Bottles: 2 bottles, 1 quart each. Wide mouth bottles are easier to fill in the backcountry.

Glasses or contacts: You will go completely under water during wet exit practice, which is part of your trip. Bring an extra pair of corrective lenses and whatever you need to take care of them. i.e. mirror, saline solution. If you are wearing glasses, make sure you have "croakies" or some type of strap to keep you from losing your glasses.

Pack: Bring a small backpack to organize the above items.

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