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)

On Land/Evening Attire:
- One T-Shirt
- One pair of shorts
- One pair of pants
- Underwear
- Socks
- Dry shoes (good for hiking/walking)
- Warm jacket
- Warm Hat

Other Personal Items:
- Sleeping bag (mummy style is preferable)
- Sunscreen
- Lip balm with sun protection (SPF)
- Reusable water bottle with secure lid
- Small towel
- Small flashlight or headlamp
- Toiletry items
- Prescription medications (if you take any)
- Prescription eyeglasses (if you have them)

Optional Accessories:
- Camera
- Binoculars
- Small Games

Items Not to Bring:
- Electronics (including cell phones)
- Expensive watches and jewelry

Important Notes:
- Space is limited in our kayaks, so we ask you bring what you need to be comfortable while minimizing any extra items
- Please pack in a backpack or small duffle bag. On the day of the trip, ETC will provide drybags that you will transfer your belongings to in order to keep them dry.
- Weather on San Francisco Bay and Tomales Bay is highly variable and evenings can be cold. Please be prepared for both warm and cold weather.

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org