

# Packing Checklist

## Loreto Kayaking Adventure

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You will be responsible for bringing your own personal gear and equipment while communal equipment (tents, food, cooking implements, etc.) will be provided. This gear list contains suggested recommended and optional items for your adventure.

A time-tested packing hack for multi-day expeditions is to bring two main sets of clothing:

**Daytime active/paddling layers:** These items are guaranteed to get dirty, salty and sweaty. They will remain with you (on you, or in your kayak) during the day.

**Nighttime basecamp/chill-out clothes:** Upon arrival in camp, you can change out of your paddling gear into clean, dry camp clothes.

As your mother would say: Check the local forecast and pack accordingly! We recommend avoiding cotton or denim as they doesn't wick away moisture or dry quickly. Choose merino wool, polyester (fleece) or quick-dry items instead. Your local outdoor outfitter can help you select the best options for you!

## Required Items

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### Daytime Active/Paddling Clothing

- 1 shell jacket (waterproof + windproof—a jacket with a hood and pit zippers is best)
- 1 lightweight fleece or merino wool sweater
- 1 or 2 long sleeve paddling shirt (look for shirts with UVA/UVB protection)
- 2 quick-dry shorts or capris or zip-off pants

- 1 or 2 bras
- Underwear
- 1 or 2 swimsuits
- 1 brimmed hat (to reduce sun exposure)
- sunglasses (with strap or leash in case you have an unexpected wet exit!)
- 1 pair of paddling shoes—old sneakers, neoprene booties or water shoes are suitable too. Closed-toe is best due to the sharp coral and urchins.



Note: Our local Baja outfitter will provide a wetsuit and snorkel sets for you.

## Nighttime Basecamp/Travel Clothing

- 1 set of long underwear (which can double as pajamas)
- 1 or 2 pairs of chill-out pants: leggings, yoga pants or shorts
- 1 fleece or wool sweater
- 1 pair of hiking shoes or sneakers
- A few pairs of socks (merino wool is best: they are stink-free and quick-dry)
- 1 'travel' outfit (to travel and return home in or if you are extending your stay)
- 1 lightweight down (or synthetic) puffy-type jacket. The temperature can drop considerably at night. \*Highly recommended!

## Equipment

- Water bottle (minimum 1L) or hands-free hydration pack (like a Camelbak or Platypus)

- Headlamp or flashlight (bring extra batteries)
- Towel, washcloth (if desired). Choose a compact, high-absorbency polyester/nylon option
- Paddling gloves (to prevent blisters and sunburn)
- Lightweight, and compact daypack. (This will need to be packed in your provided dry bag, you will use it when you go on short day hikes to carry water, camera, snacks, etc.)



Note: Thermarest, sleeping bag and liner are provided as well as two large dry bags for your personal gear. A small dry bag will be provided to store anything you want to keep on your person while paddling.

## Other Items

- Toiletries: biodegradable soap, shampoo and biodegradable toothpaste, toothbrush, deodorant, etc.
- Prescriptions: Bring in duplicate (in the event that you lose a set of medication) and pack them separately.
- Sunscreen (45 or 60 SPF), lip balm (with SPF), after sun cream/aloe - please ensure sunscreen is reef-friendly (lots of snorkelling on this trip!)
- Personal First Aid Kit (should contain: ibuprofen/ASA, Band-aids, blister treatment, adhesive tape, antihistamines, anti-nausea meds, Polysporin, Imodium or similar tablets (for diarrhea), throat lozenges)
- face masks, alcohol-based sanitizer, Wet Wipes
- A few Ziploc bags (small, large)

## Optional Items

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- 1 bandana or Buff
- One pair of light sandals or flipflops
- Carabiners: for attaching water bottles, waterproof camera or small dry bag to kayak deck.
- Sarong: Can be used as a towel, beach blanket, pillow, loungewear
- Camp pillow or pillowcase to stuff clothes in
- Toilet paper in a Ziploc (to keep in your tent for nighttime )
- Money Belt
- Favourite snacks
- Book, sketchpad, notebook + pencil
- Travel alarm clock or watch
- Binoculars
- Ear plugs (Strongly recommended. Excessive paddling can lead to excessive snoring at night.)
- Camera, extra batteries and memory cards
- Waterproof [pelican case](#) for camera, wallet and car keys or Ziploc bags
- Large blue [IKEA bag](#), mesh bag or similar; to carry gear from kayak to campsite

## Essential Documents

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- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)

Money: cash in local currency, credit/debit cards with pin number for cash withdrawals

Air tickets and itinerary

## Packing Notes

### Luggage Logistics

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Checked luggage on airplanes can get lost or delayed. Be sure to wear the items that are most essential (hiking shoes, hiking pants, quick-dry shirt) for your adventure and pack additional necessary items in your carry-on (medications, camera, paperwork, waterproof jacket, swimsuit). If your bag doesn't arrive, could you get by with what you are wearing?

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. Luggage space in vehicles is limited. Please use a duffle bag or other soft-sided luggage option that is a reasonable size. Your daypack can serve as second piece of luggage or carry-on.

Due to the nature of this trip we would suggest placing the following items in a daypack, ready for the first night: sleeping bag, pajamas, flashlight, toiletries, meds, water bottle, change of clothes for next day, swimsuit, towel, sanitizer and face masks).

You will be able to leave extra luggage at the hotel or our partner's office while on the kayaking expedition. Luggage will be secured but we advise to not leave any valuables.

## Resources for Buying Outdoor Gear & Clothing

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- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price.

**Reduce, Reuse, Recycle, Rewear!**