





Loreto Kayaking Adventure

Packing Checklist

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited - please use a small-medium sized suitcase or duffel on rollers, and do not pack more than you can carry.

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

 **Note:** Our local Baja outfitter will provide a wetsuit and snorkel sets for you as well as your camping gear: tent, sleeping bag, sleeping pad, small camping pillow, and liner. The night before you depart for the kayak trip, you'll be given two 20 L dry bags and one 10 L dry bag to repack your belongings. The rest of your luggage will be left behind, secure, at the hotel. The dry bags will all fit in your kayak and the 10 L one is for your daypack belongings like water bottle, sunscreen, hat, chapstick, phone, etc.

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Brimmed hat
- Breathable, comfortable walking shoes
- 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.)
- Trail shoes, hiking shoes, or sneakers (to wear at your campsite, and during the non-kayaking portion of the trip)

- 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!)
- Reusable water bottle or hydration backpack like a Camel
- Sunglasses (with optional leash/hard case)
- Rain/wind jacket for paddling

Recommended Items

- 1 or 2 pairs of chill-out pants: leggings, yoga pants or shorts (for camping)
- Bathing Suit
- Tops (mix of t-shirts, lightweight long sleeves)
- Buff or neck cover for sun protection while paddling
- Sandals for camping that can get wet and sandy
- A few pairs of socks (merino wool is best: they are stink-free and quick-dry)
- Underwear, bras
- 1 set of long underwear (which can double as pajamas)
- Down or synthetic down jacket or a fleece (or both if you run cold) for mornings and evenings at the campsite, it will be chilly when the sun goes down
- 1 'travel' outfit (to travel and return home in or if you are extending your stay)
- Toiletries
- Prescriptions/medication (if applicable)
- A few Ziploc bags (small, large) for wet items and for packing in drybags, if you wish
- Personal first aid kit
- Insect repellent
- Ear plugs
- Smartphone with charger, plug adapter for destination and converter (if coming from outside of North America)
- Portable battery for charging phone and any other electronic items while camping
- Money belt
- 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, bike gloves work well too)
- Lightweight, and compact daypack or beltbag for small belongings on hikes. This will need to be packed in your provided dry bag, to use when you go on short day hikes to carry water, camera, snacks, etc. It is strongly recommended.


Optional Items

- Snacks (if you have faves you like to travel with)
- Electrolyte drink mix (to aid in rehydration)
- Reading material
- Pencil and notebook/journal
- Travel alarm clock

- Camera and accessories, with extra batteries

Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

 **Note:** Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

Gear Note: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!