



WILD WOMEN


EXPEDITIONS

Baja Kayaking Adventure

Packing Checklist

Fabric Note:

We recommend that you choose multi-purpose, UV protective, quick-dry clothing. Covering up from the sun is essential, as you will spend all day outside on the water on the kayaking trip. You can bring cotton or denim items but be aware that they won't be easy to wash or dry.


 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

Luggage logistics notes:


On Day 1, you will be camping at Santa Rita Canyon. We suggest placing the following items in your daypack, ready for the first night: toiletries, medication, water bottle, pajamas, change of clothes for the next day, swimsuit, towel, and hand sanitizer. *Note: You will have access to your luggage at the camp just in case you forget anything. This will just make it easier for you while getting set up at the campsite.*


The night before heading off on Day 3 for your kayaking and camping portion of the trip, you will be given a 30 L dry bag to pack your personal items. Tents, and sleeping gear will be packed by our local partner. There will be a support boat (panga) for this portion of the trip and all kayaking trip gear will be transported this way (i.e. you will not have to pack your gear in the kayak hatches).

You will be able to leave extra luggage at the hotel or our local outfitter's office while on the kayaking expedition.

 **Snorkeling Gear:** Our local Baja outfitter can provide a wetsuit and snorkel set for you. You may be asked to include your height and weight in your Travel Details Form,


so we can ensure proper sizing, but there will also be an opportunity to try the gear on.

 **Camping Gear:** tent, sleeping bags, sleeping pads, and a 30L dry bag will be provided.

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip! The weather can be cool at night in Baja.

 **Packing tips for paddling trips:**

- **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. The main idea is to keep these dry!

 **Laundry note:** There are no laundry facilities available throughout the trip. If you're extending your stay, most hotels on the Baja peninsula have laundry service.

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*), if you know you will never use it - think about how you travel and what works best for you.

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!

Required Items

- Main luggage: suggested small-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
- Daypack: A 20L-25L pack should be sufficient for your water bottle, raincoat, camera/phone and personal items. You will need to pack your overnight gear into your daypack for the overnight on Day 1 - this is to make it easier to have essential items accessible. Your main luggage will be stored nearby in a vehicle if needed. You will also use your daypack after the kayaking portion of the trip.
- 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 with a good tread for hiking (to wear at your campsite, and during the non-kayaking portion of the trip)

- Waterproof, breathable jacket: Jackets with hoods and armpit zips are best.
- Reusable water bottle

Recommended Items

- Bathing suit
- Underwear and bras as desired
- Socks (merino wool is best: they are stink-free and quick-dry)
- Pajamas
- Long-sleeve paddling shirts (look for shirts with UVA/UVB protection)
- Quick-dry shorts or capris or zip-off pants. (Long lightweight pants or capris are ideal to prevent sunburning in the kayak.)
- Lightweight pants for campsite at night time and to wear on the remainder of the trip as needed.
- Shirts/T-shirts: some cotton/linen, some quick-dry
- Long-sleeve shirts: one to three, some cotton/linen, some quick-dry (to wear at camp, or on the remainder of the trip not for paddling)
- Fleece/down jacket or wool sweater.** The temperature can drop considerably at night. A light puffy coat is highly recommended. Baja's climate is coastal desert and it will be cold once the sun goes down and in the mornings.
- Long underwear (it will get cooler in the evening, you can wear these under your lightweight pants if needed)
- Hat with a brim (to reduce sun exposure)
- Warm hat: wool/fleece toque (for the Canadians) or beanie for cold evenings and mornings
- Sunglasses with a retainer strap (If you have polarized shades bring them!)
- Toiletries
- Sarong or Quick Dry Towel: A sarong can be used as a towel, beach blanket, pillow, loungewear, cover-up from the sun or a quick -dry towel
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms/tents)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit and blister kit
- Binoculars
- Paddling gloves (to prevent blisters and sunburn)
- Bandana or buff
- Small dry bag for daily essentials you want to keep dry, and on your person in the kayak cockpit. (Sunscreen, snacks, camera, etc)
- Extra travel and 'town' clothes
- Ziploc baggies to waterproof items in day pack or a small dry bag

Optional Items

- Sport sandals (Chacos, keens, tevas etc.) or light sandals or flip flops.
- Carabiners: for attaching water bottles, waterproof camera or small dry bag to kayak deck.
- Camp pillow (or a pillowcase to stuff clothes in to serve as camp pillow)
- Sleeping bag liner
- Portable battery/power brick for charging phone and items while kayaking
- 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
- Pencil and Notebook/Journal
- Reading material
- Face masks, hand sanitizer
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- Envelopes for guide(s) (see Travel Details Tipping section for guidance and instructions on tipping)

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: it is important to make sure that immigration stamps your passport when you arrive.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!