

## **Packing List – Sea Kayaking Baja Mexico**

Your trip with Four Season Guides is sure to be one you never forget, but a big part of having lots of fun is being well prepared! Even though we provide the camping equipment essentials, there are a few things we want to be sure you don't forget!

Our season runs year round, please keep in mind the season of your trip when packing, not all of this list will apply to your trip. Also, if you are doing a FULLY CATERED TRIP: - Your belongings will be carried in the motor boat so you can pack everything into one duffel bag. You DO NOT NEED to pack your personal gear in a dry bag, unless you want to.

### **Personal clothing should include:**

- A couple of t-shirts
- Fleece and long pants (Nov.-April)
- Foot wear: sandals (Chaco's, Texas, Keen) and hiking shoes
- 2 pairs of socks
- Shorty wetsuit (December – April)
- Swimsuit and towel
- Rain Jacket/Windbreaker
- Lycra suit for snorkeling (Oct, early Nov and May) to avoid jellyfish stings
- Shorts (2 pairs)

*We recommend that your clothing be made from wicking materials such as; Under Armour® or capilene for quick drying during October to April. Other months cotton is fine.*

### **Miscellaneous**

- Compact sleeping bag in stuff sack
- Sun Glasses with leash
- Sun hat with tie down/visor/bandana
- Personal water bottles (3) or 3 liters of water
- Coffee mug (plastic)
- Camera and film (zip lock bags to carry camera with you)
- Flashlight or headlamp
- Notebook/pencil
- Reading book
- Paddling gloves – optional (bike gloves also work)
- Fanny/day pack for hiking
- Carabiners -2

## **Toiletries**

- Sunscreen
- After sun cream
- Small first aid kit
- Insect Repellent (Skin so Soft works well)
- Prescription Drugs- if you have allergic reactions you should bring 2 epi pens.
- Toothbrush/Paste
- Shampoo – biodegradable
- Deodorant
- Washcloth/towelettes
- Personal Hygiene items
- Diarrhea medicine
- Lip Balm
- Ditty bags are good for keeping all these items together

## **Travel Essentials**

- ID/Passport (one photocopy of each as well)
- Airline tickets
- Money belt/pouch
- Credit Cards (there are ATM's all over La Paz- this is the easiest way to get local currency).
- Do **NOT** bring travelers checks – Banks and local business do not take them.

## **Camping Gear**

- We have a limited supply of the following items - please advise early if you wish to reserve anything:
- Compact tents (1-2 person)
- Therma-rest sleeping pads
- Dry Bags
- Snorkeling Gear (snorkel, mask, fins)~ (Rental rates: Quick Escape = \$20US, Week trip = \$30US)
- Wet suits ~ (Rental rates: Quick Escape = \$25US, Week trip = \$40US)
- Lycra suits ~ (Rental rates: Quick Escape = \$20US, Week trip = \$30US)

Last Update: 02/14/2010