

## **Packing List – Kayaking tour**

### **Foot wear**

**Cotton socks:** 1-2 pairs (medium thickness)

**Wet shoes:** 1 pair (these can be a pair of thick soled dive booties or an old pair of sneakers. Dive booties protect your legs against sharp objects and sea urchins.)

**Hiking shoes:** 1 pair (these can be city walking shoes or running shoes).

**Sandals:** 1 pair

### **Clothing**

We recommend layer clothing

**Pants:** 2 pair

**Shorts:** 1 – 2 pairs. We recommend roomy, lightweight shorts that dry quickly

**Long underwear top:** 1 pair

**Lightweight jacket:** we recommend windproof and waterproof jacket

**T-shirt:** 2-3

**Long Sleeved shirt:** 2 light weight long sleeved travel/sun shirts

**Bathing suit:** 1-2

### **Head & hands**

**Sun hat** - a baseball cap or a wide brim sun hat

**Paddling gloves:** 1 pair - optional

### **Miscellaneous required items**

**Sunscreen and lip balm:** SPF at least 25

**Sunglasses:** 1 pair (Glasses should transmit no more than 10% visible light and should be UV protected.)

**Towel for the beach:** 1 (we recommend a small size pack towel)

### **Snorkeling gear**

If you are an avid skin diver or want to spend a lot of time in the water we recommend that you bring your own mask,, snorkel, fins, neoprene booties and gloves.

### **Casual Travel Wear**

No fancy clothing is needed for our dinners. Your casual pants, skirt, a T-shirt or a blouse will be perfect.