

## **Terry's Kayak Camping Notes**

- **Weather** - 1. Check forecast carefully before and right up to departure time for preparation. Carry radio and/or watch for changes in weather during the trip. Be willing to adapt to weather changes by aborting or changing plans if needed. Avoid rigid thinking - respect nature.
- **Food** - When possible select foods that are condensed (ex. Powdered milk), dehydrated (dry fruit), simple to fix (instant mashed potatoes), light (angel hair pasta), compact & slow to spoil. 2. Keep foods organized in waterproof bags (One each for breakfast, lunch, snacks, & dinner) 3. Stove - use compact and light weight stoves (backpacking types best -alcohol, gas, butane). Bring one pot, plastic bowl, spoon and mug. Avoid storing food items in your boat at night. Bring line to hang food if needed (think about Bears, Raccoons & Skunks).
- **Water** - 1. bring 1 -2 gal. @ person @ day if unavailable 2. Use collapsible bags (wine bags are great) 3. If needed bring water treatment (filters or chemicals - ex. iodine)
- **Sleep gear** - 1. Double bag sleeping bag for water protection (down or synthetic mummy bags are compact) 2. Bring sleep pad (compressible for space reduction) 3. Bag liners are nice for keeping bag clean & for hot nights or for additional warmth on cold nights.
- **Packing kayak** - Assemble gear and use check list. Pack gear in boat before trip. Pack for trim (heavy items like water near center and low, light items near ends, tent poles & small items can go to ends of boat. Waterproof gear in dry bags (small best). Select gear that is compact / light / minimal & water proof or resistant when possible. Avoid duplication and excess.
- **Tent** - choose a tent that will handle the environment (wind, sand, bugs, heat) w/ stakes that will handle the sand if needed. Tents don't need to be packed in dry bags.
- **Toilet items**- bring TP in zip lock bag. Sunscreen, toothpaste and brush, meds., in zip lock bags. Small camp towel that will dry faster. Powder makes ok shower substitute and helps w/ salt water on skin.
- **Other Gear** - L.C.D. headlamp, camera (in h2o proof container), camp chair or seat, first aid kit
- **Comfort items** - Keep to a minimum if space is an issue. Minimize any items on the deck!
- **Setting up Camp** - Find a campsite well before dark if possible. Secure boats for wind or tide. Pitch tent in area away from hazards & nuisances (depressions, streambeds, widow makers, animal trails, bugs). Avoid prominent areas (tallest trees or hill tops) that are prone to lightning strikes.
- **Nightfall** - Have dinner & clean up, pitch tent, roll out sleep gear, brush teeth, organize for the night (find your flashlight in advance) and prepare for tomorrow's trip in advance.
- **LEAVE NO TRACE** - consider the environment and other campers. "Take only pictures. Leave only footprints". Minimize fires & consider conditions like wind and fragile landscapes (use existing fire rings or stoves), keep a clean camp, use proper sanitary procedures, avoid washing w/ soap in streams or lakes. Keep noise down, especially at night.
- **RELAX, LOOK, LISTEN, BE STILL AND SAVOR the Great Outdoors!**