

SILA SOJOURNS

SEA KAYAK

EQUIPMENT AND CLOTHING LIST

The following is a list of the clothing and equipment you will need on your expedition. It is important that you follow this list accurately for your own comfort and well-being

CLOTHING: When selecting clothing remember that dressing in layers enhances warmth and comfort. NOT only do the layers trap air, which acts as an insulator, but you can also regulate the number of layers that you do have on. Since wetness is not only uncomfortable, but increases the loss of body heat, keeping dry is important. Materials that are able to wick moisture from your skin, but stay dry themselves, are ideal, such as synthetics (capilene, polypro and pile/fleece), and natural fibres (silk and wool). Be cautious of cottons and down because they absorb moisture and stay wet.

In choosing rain gear, consider the nature of the activity you are engaging in. Fabric that can “breathe” is more suited for active trips, where coated nylons or rubberized aterails are “bombproof” for sitting in a wet boat in foul weatehr. Gortex fabric is waterproof and breathable (as long as it is properly maintained), but is costly

FOOTWEAR:

- 1 pair rubber boots*, booties, or neoprene socks with tiva/chaco type sandals
- 1 pair hiking shoes (for camp wear)
- 4-6 pairs polypropylene, fleece or wool socks

HAND WEAR:

- 1 pair wool , fleece or polypropylene gloves
- 1 pair neoprene gloves or poagies for paddling. Rubber gloves wtith light weight gloves)

HEAD WEAR:

- 1 wool or pile tuque
- 1 sunhat or visor
- 1 rainhat (or hood of rain jacket)

UPPER BODY:

- 2 t-shirts (cotton or light capilen/polypro)
- 2 long sleeved shirt (preferably of moisture-wicking material)
- 1 sweater/jacket (pile or wool)
- 1 medium weight jacket (synthetic fill preferred) or pile jacket
- 1 down or fiberfill vest or jacket (optional)
- 1 waterproof rain jacket (coated nylon or breathable fabric)
- 1 paddling jacket (optional, although we recommend wearing one as the neoprene cuffs and neck prevent splashes and rain from seeping in when paddling)

LOWER BODY:

- 1 pair shorts (fast drying preferably)
- 1-2 pairs moisture wicking long underwear
- 2 pair full - length pants (quick drying fabric and baggy enough to be comfortable)
- 1 pair fleece pants (optional)
- 1 pair rain pants
- 3-4 pairs underwear, preferably quick drying fabric

SLEEPING GEAR

- 1 sleeping bag (3 season compact type with compression stuff sac) with down or synthetic fibre (if down make sure it is well waterproofed)
- 1 thermarest

MISCELLANEOUS GEAR

- 1 swimsuit (optional)
- 1 small towel
- 1 bandana
- 1 small waterproof paddling bag for items you may need access to while paddling
- 1 pair sturdy sunglasses
- 1 pair extra prescription glasses or contact lens
- 1 water bottle (liter size)
- 1 cup, bowl, spoon, fork, and swiss Army style knife
- 1 whistle, 1 headlamp
- few small carabiners (for attaching items to kayak deck)
- Few stuff sacs of various sizes with garbage bags OR waterproof paddling bags
- 1 toiletry kit - biodegradable soap, toothbrush and small tube toothpaste, small container moisturizing cream, 1 small container mosquito repellent
- 1 small container sunscreen (at least 15 SPF) and SPF lip salve/block
- 1 container waterproof matches or lighter
- extra garbage bags for waterproofing
- 1 small daypack (for hikes)
- 1 journal or notebook, pen or pencil

OPTIONAL ITEMS:

- camera (insured for loss or damage recommended) film or, extra camera battery
- small binoculars
- compass and relevant map
- book, journal, sketchbook, paints&brushes
- small musical instruments

FIRST AID:

Your guides will carry an extensive first aid kit; however, you should bring the following items for your personal use: bandaids, 1 roll gauze, small telfa or gauze pads, blister kit (moleskin or "second skin"), adhesive tape, topical antibiotic ointment (eg. polysporin), antacid, mild analgesic (eg. aspirin, tylenol), anti-inflammatory (eg. Ibuprofin) and any personal medications (bring extra)

PLEASE NOTE:

Group equipment such as tents, stoves, pots, and food are all provided. We encourage you to bring your own tent if you would like to, but please clear its performance with us first and then confirm that you will be bringing it. As a general rule, do not be hasty in buying new equipment. Talk to experienced travellers to ensure that you purchase durable high quality clothing and equipment that you will continue to be able to use.

SUGGESTIONS:

1. Most of your gear will need to be stuffed into kayak hatches. It is much easier to do this if items are in relatively small stuff sacs. You should be able to fit most of your clothing in one sac, your sleeping bag in another, optional items in yet another. The hatches are waterproof but we still recommend using waterproof bags of thin flexible material (available from outdoor equipment or boating stores) or lining nylon bags with garbage bags.
2. Yukon summers can be cold as well as hot, wet as well as dry. Be prepared for all extremes.
3. We recommend rubber boots over sandals or neoprene booties because your feet can get very cold while sitting in a boat.
4. Warm pants or long underwear is a must, especially if the weather is cold or rainy. A good combination for rainy days is longjohns with rain pants over top)
5. Stuff sacs of various sizes (waterproof sacs or nylon sacs lined with a garbage bag) are helpful in organizing your gear and keeping it dry.

SUPPLIERS

If you are unable to obtain good outdoor equipment locally, you can purchase by mail order. There are many suppliers of outdoor gear. In Canada the largest mail order supplier is MEC (Mountain Equipment Co-op) at (www.MEC.ca or call toll free 1-800-663-2667.. (there are also MEC stores in many major centres). In the USA call R.E.I. (Recreational Equipment Inc) at 1-800-426-4820