



**BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS**

## PACKING LIST FOR BAJA SEA KAYAK TOURS

This equipment list was compiled from personal guiding experience and guest feedback from Baja trips beginning in 1985. It is not meant to overwhelm, but to educate and prepare you for the varied conditions we have experienced. By taking the time to go over this list thoroughly, you will begin to insure the quality of your trip.

**CLOTHING FOR BAJA TRIPS:** Oct. & Nov. trips usually have warm nights (75°-80°F), warm sunny days (80°-90°F) & warm water (76°-82°F). In Dec. – Mar. expect cooler nights (50°-60°F), breezy afternoons (70°-80°F) & colder water (62°-68°F).

- \_\_\_ Traveling clothes to and from Baja – leave at hotel in a small pack during the trip
- \_\_\_ Sun glasses with strap – bring spare pair especially if prescription, polarized lenses are best
- \_\_\_ Wide brimmed hat or baseball cap for sun protection, adjustable fit or with a tie for windy days
- \_\_\_ Bandanna – multiple uses from a towel to a sunshade for your neck
- \_\_\_ T-shirts – 3-4, cotton or light wt. synthetic, use plenty of sunscreen with sleeveless tops
- \_\_\_ Long sleeved shirt – light color & light wt., for sun protection for fair skin
- \_\_\_ UV Swim shirt, long sleeve, light colored- for extra sun protection and warmth while snorkeling, aka 'rash guard'
- \_\_\_ Sweatshirt or pile shirt- for warmth when the sun goes down and bug protection
- \_\_\_ Swimsuits – 2
- \_\_\_ Underwear
- \_\_\_ Shorts – 2 pr., quick drying nylon, can be used for swim suit
- \_\_\_ Long pants – (1 ea. / light wt. synthetic for sun and bug protection)
- \_\_\_ Rain jacket – Gore-Tex or waterproof nylon, keeps the chill & splash off on skiff rides
- \_\_\_ Socks – 2-3 pr., to wear in hiking shoes, & for blister prevention in sandals & swim fins
- \_\_\_ Sports sandals w/ secure straps and buckles or stretchy nylon water shoes – to protect feet on beach & in kayak, avoid flip-flops, wear with thin (bike) socks to prevent blisters if you haven't worn sandals lately. Stretchy nylon water shoes are great if you have sensitive feet- with open sandals you will have many rocks inside your shoes.
- \_\_\_ Tennis or light wt. hiking shoes – for camp & day hikes
- \_\_\_ Gloves for paddling – A MUST to protect tender hands from blisters, short or long finger bicycle or paddling gloves
- \_\_\_ Snorkel or dive socks- nylon or neoprene booties meant to protect tender feet from blisters on the tops of your toes caused by snorkel fins. Regular socks will also work. A MUST have for those with sensitive feet.

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## **PERSONAL ITEMS FOR ALL BAJA TRIPS:**

Ziploc bag all liquids & creams to protect from spills.

\_\_\_ PASSPORT – PLEASE MAKE SURE THAT IT DOES NOT EXPIRE DURING YOUR TOUR! Make a copy of the Photo and Signature pages and carry them separately from your passport. This will make replacing your passport much easier if it gets lost or stolen.

\_\_\_ Toilet kit – travel size toiletries, avoid sharp instruments in all carry on bags

\_\_\_ Biodegradable salt water soap, and/or baby wipe towelettes – 6-8/day, convenient for in-tent clean-up (Please note: while Dr. Bronner's is a biodegradable soap, it DOES NOT lather in salt water. Products like Campsuds, Joy or Dawn work well and are also biodegradable)

(AVOID SPILLS: Put all liquids & creams in Ziploc bags to protect from spills)

\_\_\_ Earplugs – A MUST for sleeping in foreign hotels which are usually noisier than what we are used to

\_\_\_ Baby wipe towelettes – travel pack w/ 10-15 towelettes, for quick clean-ups

\_\_\_ Sun screen & lip screen – sweatproof/waterproof SPF 15-45 depending on skin type, water reflects a large portion of the sun's rays & swimming removes your sunscreen

\_\_\_ Skin lotion

\_\_\_ Insect repellent – 2 oz. bottle of a product with a low % DEET (Cutters, Muskol, etc.)

\_\_\_ Anti-itch meds – Benadryl tablets, Sting-ease or Hydrocortisone cream for bug bites

\_\_\_ Sm. personal first aid kit – to treat sunburn, muscle pain, headache, minor cuts, blisters, & digestive problems: aloe vera gel, Tylenol, anti-inflammatory, anti-acid, Imodium, Pepto-Bismol, Band-Aids, 1st aid tape, antibiotic cream, sleeping pills, cold & sinus capsules, eye drops, prescription meds (NOTE: ALL PRESCRIPTION MEDS MUST BE IN ORIGINAL CONTAINER W/ YOUR NAME ON FOR INTERNATIONAL TRAVEL)

\_\_\_ Towel

\_\_\_ Water bottle or canteen – 1 qt. water bottle or a Camelbak hydration system that can be worn over your PFD, or attached to the kayak for hands-free drinking

\_\_\_ Flashlight or headlamp with new batteries – bring a spare bulb & extra batteries, too

\_\_\_ Sm. daypack – for hikes and for your gear in the kayak if you don't have a small dry bag

\_\_\_ Extra Ziploc bags in assorted sizes – there is always a need for them on a trip

## **CAMPING GEAR:**

Comfortable tents are provided and both sleeping bags w/ sheets and Thermarest pads are available for rent.

\_\_\_ Sleeping bag w/ stuff sack – 50F rated, compact, synthetic fill (rentals are available & come w/ a sheet)

\_\_\_ Sheet – cool comfort on warm nights

\_\_\_ Sleeping pad – Thermarest air mattress (rentals are available) or closed cell foam pad

## **OPTIONAL ITEMS FOR ALL TRIPS:**

\_\_\_ Crazy Creek type camp chair- great for back support in the kayak

\_\_\_ Seasickness medication – if you think you might need it, bring it...just in case.

Dramamine II is a non-drowsy product that you take 30 min. before you get on the water. There are also wristbands & ginger supplements that may also be affective seasickness preventatives.

\_\_\_ Pee-jar – STRONGLY RECOMMENDED!! To prevent those "late night walks to the john", order direct from [www.nalgene-outdoor.com/store/](http://www.nalgene-outdoor.com/store/), 1qt. Nalgene water bottle w/ a standard top for men (item# 5521040032) & a wide top jar for women (item# 0021180032), and a rinse out with Clorox and they're clean for another trip

\_\_\_ Sm. inflatable pillow – STRONGLY suggested for paddlers shorter than 5’8” to elevate your torso & make it easier to reach the water with your paddle, great for sleeping, too

\_\_\_ Sun protective clothing for the sun sensitive – you can burn through many common fabrics (especially wet cotton), but clothing & hats are now available with a SPF factor. For the ultimate defense against the sun, couple the use of sun protective clothing with a wide brim hat & sun block applications.

\_\_\_ Camera with a new battery – water & sand-proof camera case (Ziploc bags work for small cameras), plenty of assorted film ASA 100-400, spare battery, small lens brush & tissue

\_\_\_ Waterproof camera case – we suggest a Pelican Products dry box sized to fit your camera, [www.pelican.com/main.htm](http://www.pelican.com/main.htm)

\_\_\_ Binoculars, pocket knife, paperback, journal, Frisbee, hacky-sac, small musical instrument

\_\_\_ Fishing gear & license – see FISHING GEAR above

\_\_\_ Snorkeling gear – mask, fins & snorkel in a mesh carry bag (rentals are available)

\_\_\_ Wetsuit – 3-5 mm full suit for Nov. – May trips

\_\_\_ Clothespins – 8, for hanging wet clothes, towels & bathing suits on your tent

\_\_\_ Clothing donation – Help us help the unfortunate by bringing a sm. plastic bag w/ clean, used adult or kid size clothes, warm jackets, sweatshirts, shoes or sandals. Our friends in La Paz distribute these items to help the kids & adults in remote fishing villages in Baja. Muchas Gracias

**PACKING TIPS:** Here are the basics and a few options that seasoned kayakers have come to appreciate.

For simplicity, we suggest packing in only two bags, a CARRY ON SIZE DUFFLE and a LARGER DUFFLE BAG.

(For Traveling to Mexico)

\_\_\_ Carry-on bag – legal carry-on size duffel bag or dry bag that will fit all your clothing, personal gear, toilet kit and all irreplaceable items

\_\_\_ Duffel bag or dry bag – for your camping &/or snorkeling gear, this bag will be checked-in with the airlines (if you want to travel light remember that camping & snorkeling gear can be rented in Baja)

\_\_\_ Pack an extra small bag (empty) to leave your traveling clothes at the hotel during your trip. (On Loreto to La Paz trips – this pack will be taken to the hotel in La Paz.)

(For the kayak trip)

\_\_\_ Carry-on bag – pack with your trip clothing & personal gear, this bag will be carried on the support skiff that accompanies the trip, travel clothes can be left in hotel

\_\_\_ Duffel bag or dry bag (your checked-in bag) – for any camping and snorkeling gear you brought, this bag will be carried on the support skiff that accompanies the trip

\_\_\_ Daypack – useful for day hikes (weather permitting) & as a deck bag for your daily necessities (rain gear, binoculars, camera, film, sunscreen, etc.) to waterproof it line this pack with a good plastic bag

\_\_\_ Plastic garbage bag and Ziploc bags – pack a few extras w/ your carry-on & duffel bag, there’s always a use for them on a kayak trip (dirty clothes, camera, protect liquids & creams from spilling, etc.)

\_\_\_ Sm. waterproof bag – OPTIONAL, sm. dry bag (10” Dia. 18” H) to carry daily necessities with you on your kayak, this will be your deck bag

**SUGGESTED SUPPLIERS OF OUTDOOR GEAR:**

The following are suggested suppliers of quality outdoor gear:

Patagonia – the top source for camp clothing, [www.patagonia.com](http://www.patagonia.com)

Campmor – all your camping gear needs, [www.campmor.com](http://www.campmor.com)

REI – lots of travel clothing & camping gear, [www.rei.com](http://www.rei.com)

L. L. Bean – for travel clothing & camping gear, [www.llbean.com](http://www.llbean.com)

Sierra Trading Post – good deals on outdoor clothing & camping gear,  
[www.sierratradingpost.com](http://www.sierratradingpost.com)

Travel Smith – ventilated & sun blocking clothing, [www.travelsmith.com](http://www.travelsmith.com)