



# Genesis Energy 4 Day Kayak Gear List

Listed below are the basic essentials you will need for your week kayaking. Make sure your gear is well-marked and identifiable so it does not get misplaced with other people's equipment.

The weather here is very changeable so it is important you bring lots of warm clothing, layers are advisable. Your programme will involve getting wet under most conditions so we emphasize warm polypropylene and fleece clothing (no cotton).

Items in *blue italics* can be borrowed from Hillary Outdoors if you do not own them.

## Tick

### Three Layer Clothing Approach

#### Layer 1: Next to skin

- Polypropylene/merino top x 3
- Polypropylene/merino longjohns x 2

#### Layer 2: Warmth

- Fleece* jerseys x 2
- Fleece Trousers*

#### Layer 3: Wind and Rain outer shell

- Waterproof jacket*
- Overtrousers*
- Shorts and T-shirt x 2
- Swimwear
- Sneakers or neoprene booties
- Woolen Balaclava* or beanie
- Sun hat + *Sunglasses*

- Towel and toiletries
- Personal medication and first aid kit
- Plastic bin bags
- Camera (optional)
- Drink bottle – 1 liter minimum
- Eating utensils, mug & plate
- Sun block
- Day pack & plastic bag for wet gear
- Extra clothes for evenings
- Dry shoes to wear afterwards
- Sleeping bag, liner* & pillow
- Holdall or pack for overnight camp (you will likely spend one night away from the Centre camping near the river)

### Technical equipment (*we expect to provide these*)

- Paddle jacket*
- Buoyancy vest (life jacket)*
- Kayak helmet*
- Spray skirt*
- Paddle*
- Kayak*
- Wetsuit (if you have your own please bring it)*

- All gear may get wet and dirty.
- Label all your clothing and equipment. If you accidentally leave gear behind, contact us immediately and we will see if we can locate it.
- Any gear you don't have, try to borrow from friends or family. If this is not possible, you can borrow items marked in *blue* on the gear list once you arrive at Hillary Outdoors. Your instructor will check that you have everything when you arrive.

**Remember:** Looking good is not a priority. Staying warm and dry is the goal.