

## 9 -day Sea Kayak Expedition Course Gear List

### **Things to wear or put into your day pack for during the days**

|  |                            |
|--|----------------------------|
| Water shoes/Sandals (Shoes that can get wet)                     | Sun Hat/Sunscreen/lip balm |
| Splash jacket ( <i>A rain jacket works just fine for this</i> ). | Dry bag/s                  |
| 3 – 5 x Thermals/Marino Base Layers (Top and bottoms)            | Water bottle (1-2 Litres)  |
| 2-3 x Warm layer (Fleece/woollen jumper) that can get wet        | cord or Sunglasses (with   |
| Shorts   | Croakies)                  |
| Warm dry clothes to change into at the end of the day            | Towel                      |
| Thermos with a hot drink/soup (if you have one)                  | Personal Medications       |
| Warm top/jacket (down, synthetic or wool jackets are great)      | Extra snacks & lunch       |

A wet suit is not necessary if you don't own one, but can be convenient for rescue training, these can be hired from Exit Surf for approx... \$20.00 per day but individuals will need to organise for themselves.)

*Please note: Togs keep you quite cold when in a sea kayak so we don't recommend wearing togs/rash vests while on/in the water.*

**You will only require one set of merinos and fleece each day, we have suggested the total amount above that you may like to have for the whole course.**

### **Stuff for at the cabins (can be packed in separate bag left in car/accommodation)**

|  |                       |
|--|-----------------------|
| 1x Sleeping Bag & pillow   | 1x Towel & toiletries |
| Clothes (something comfortable and warm)   |                       |
| 1 x bedroll mat for overnight expeditions (OENZ can supply if you do not have one)                     |                       |
| <i>We recommend you bring two towels in total for the course (a beach towel and one for showering)</i> |                       |

### **Stuff provided by OENZ unless you can provide your own**

|  |              |
|--|--------------|
| Single sea kayaks (double sea kayaks on request) | Paddle       |
| PFD  | Spray skirt  |
| Bilge pump                                       | Paddle float |

*We have a limited supply of dry bags available to borrow*

(Note: OENZ will supply tents, cookers, and gas for a possible overnight expedition)

**Accommodation:** Shared cabins accommodation at several different locations. All locations are 30 minutes' drive from each other on Banks Peninsula.

**Food:**

**Kitchen facilities at the accommodation are shared and include fridges and ovens.**

9 x Lunch

8 x Breakfast

9 days of Snacks

Tea, Coffee, etc. (OENZ supplies basic tea and coffee)

8 x dinners (2 x easy to make dinner as a possible overnight expedition is an option).

*Note: Accommodation varies in terms of food supply, there is no shop onsite with the accommodation. A van is available for you to access the Governors Bay pub 5 minutes' drive away and Akaroa has a township 10 minutes away from accommodation, with small supermarket, restaurants, and bars. Please note that dietary requirements cannot always be met so please check menus online.*

*The goal is to camp out on the final night; however, this is dependent on the weather, sea state, and group ability. The instructor on the day will make the decision on whether the conditions are suitable for the expedition to run. Therefore, the expedition is an option not a guarantee.*