



Equipment and Clothing List: Panama Kayak & Inland

When preparing for a trip to the tropics, it is essential to remember to bring along items that will protect you from the sun's hot rays. Light, long sleeved shirts and hats will be your greatest ally. We also recommend that you bring good sunglasses and water proof sunscreen. Because space is limited we also suggest limiting the equipment you bring with you to a minimum.

Footwear:

- 1 pair - Sandals to be worn during kayaking. We recommend rubber sandals like Tevas or other brands with similar construction.
- 1 pair - sturdy light weight hiking or running shoes to be worn on shore.
- 2 pair - cotton socks
- 1 pair - woolen socks

Lower Body:

- 2 pairs - nylon shorts or swimming suits (nylon is ideal, as it will dry faster than cotton)
- 1 pair - light-weight pants
- 1 pair - light-weight rain pants

Upper Body:

- 2 lightweight cotton or polypropylene long sleeved shirt.
- 1 pile or wool sweater/jacket
- 1 rain jacket with sleeves that close tightly around the wrists.
- 2-3 cotton t - shirts

Headgear:

- 2 sun hats /visors - wide brimmed are ideal
- 1 pair - 100% UV protection sunglasses.

Sleeping Bag: (Not required for Lodge)

- 1 lightweight and compact sleeping bag in combination with a cotton liner to use by itself when nights are too warm for a sleeping bag (night time temperatures are usually around 20 degrees Celsius or 70 degrees Fahrenheit). *Alternatively*, bring a lightweight fleece blanket and cotton sheets or liner.
- 1 sleeping pad - Ensolite, Ridge Rest or Thermo Rest mattress. Make sure you bring a nylon bag to protect mattress from punctures.

Carrying Bag:

- 1 compact duffel bag that folds and can be carried in the kayaks (do not bring packs with metal frames)

Additional Equipment:

- 2 wide-mouthed water bottles (liter size)
- 1 Swiss Army style knife (with neck cord)
- 1 toiletry kit - toothbrush, and toothpaste, soap/shampoo which is affective in salt water (we recommend 'Sea Suds'), toilet paper.
- 2 waterproof sunscreen (SPF 15 or higher)
- 1 bottle mosquito repellent
- 1 lip save
- 1 headlamp (Petzel or similar brands are recommended)
- extra garbage bags for waterproofing gear (see Packing and Waterproofing)
- 1 towel

Snorkeling Equipment:

- 1 mask snorkel and fins. (Can be rented in Placencia, but better to bring your own if you have it)

Emergency Bag:

- Usually this bag is left untouched but is needed in the event that regular clothes get wet.
- 1 Light pants
 - 1 light sweater or light jacket
 - 1 shirt
 - 1 pair socks

First Aid:

An extensive First Aid Kit is carried by your guides, however, you should bring a few items for your own use: 1 blister kit (second skin or moleskin); motion sickness tablets (Gravol, Transdem patches); small box of bandages; *if you take special medication, bring extra.*

Optional Items:

- camera (insurance for damage, loss or theft recommended)
- waterproof* bag or box for camera.
- extra camera batteries
- small binoculars
- reading material
- journal and pen
- bottle of your favorite spirit. Alcohol can be purchased and is inexpensive in Belize.
- hammock
- fishing Gear: a hand line or telescopic rod (Silver spoons are good tackle for Belize)



PACKING FOR KAYAKING:

Waterproofing all of your equipment is very important. In packing for a kayak trip, it is key to keep your gear organized in small stuff sacks (nylon bags with draw strings) or dry bags (100% waterproof). Each stuff sack needs to be lined with three garbage bags. If you chose dry bags please bring extra garbage bags just in case they develop a hole.

Once you are ready to start packing, it is best to lay everything out on the floor and go through your checklist once more. It is important to divide your bags into some logical order. ie. clothing bag, toiletry bag, sleeping bag. Keep in mind that it is much easier to pack a kayak if you have many small bags rather than a few large ones. Once you have completed packing the stuff sacks you can put them all into one large duffel bag.

Cameras: It is best to protect your Camera within a hard-shelled ,waterproof case such as a *Pelican* box. These boxes are also ideal for keeping your camera cool as they contain foam inside. They are also more convenient since they can be mounted right onto the deck of the Kayak.

There are many stores which offer supplies for kayaking. If you have trouble locating any of the required equipment please give us a call.

