

Point Reyes Outdoors

Sea Kayaking Clothing Recommendations

Due to the wonderful whims of mother-nature you need to come prepared for variable weather conditions. Wear clothing that accurately reflects your degree of sensitivity to heat and cold.

You will need to layer your clothing to include a warmth layer that will keep you warm even when wet. Avoid cotton, like sweat shirts, sweat pants and blue jeans. Once cotton gets wet, it stays wet, unlike materials such as wool, polypropylene, and fleece.

- **Warmth Layer**
 - A fleece or synthetic shirt, vest or jacket functions best as a warmth layer. Fleece, wool, and synthetics wick the moisture away from your body and keep you warm, even if you get wet.
- **Pants**
 - Wear quick-dry, nylon rain pants, or polypro pants or shorts depending on the weather conditions. It can be cool in the morning and warm during the day, so you will want to dress in layers.
- **Wind Break Layer**
 - Bring a windbreaker or rain jacket. This layer is important!
- **Foot Wear**
 - Your lower legs and feet will get wet stepping in and out of the kayak, so wear old tennis shoes, wetsuit booties, rubber/teva type sandals or rubber boots.
 - Fleece and wool socks are recommended for colder weather.
- **Hats and Gloves**
 - Fleece, wool, or poly rain hats for cool weather. Always bring a sun hat.
 - Waterproof gloves or other non-cotton gloves – fleece, wool, etc. for colder weather.
- **Additional Items**
 - A water bottle (at least 1 quart)
 - Sunscreen
 - Sun hat
 - Sunglasses with retention strap
 - A light weight, long sleeve shirt for warmth or sun protection
 - Camera and/or binoculars
 - Remember a change of clothes for the ride home. You may want to have a towel and a change of clothes in your car just in case you get wet or a little dirty.

If you need help or more detail please give us a call at 415-663-8192 and we will be happy to help you prepare for your excursion.