

Sea Kayak Trip
Packing Tips and Menu ideas

***Pack your gear so that it is water proof, kayak hatch covers leak and your gear will likely get wet while inside the kayaks. You can easily and inexpensively water proof your gear by packing it inside three garbage bags that are inside a nylon sack.** Procedure; line the inside of a nylon stuff sack with three garbage bags, squish all air out of your gear then close the inside garbage bag, then close each of the remaining two, then close the nylon sack. The three plastic bags water proof your gear and the nylon sack protects the plastic bags from tearing.

* You will need a bag lunch on the day (wed.) we leave, you will also need dinner while on route to Vancouver Island, bring a bagged (no-cook) dinner, or bring money to buy a meal on the ferry. You will need to bring breakfast lunch and dinner for Thursday, Friday, Saturday and Sunday. You have the option to purchase Sunday's dinner on the ferry.

- Plan breakfasts that are quick and easy to prepare: Cold cereals, instant oatmeal etc
- Lunches must be no cook as we will be moving and having lunches on the go
- Dinners can be simple or gourmet – you decide

-There is no adequate fire service for the Gulf Islands we will be visiting so we will not be able to have campfires.

-All gear must be packed so that it can fit through a 9 inch round opening found on the kayak's deck.

-A double burner Coleman style stove can be brought but would need to be lashed to the outside of the kayak, less than ideal. Better to use a backpacking style one burner stove. Bring one stove per 3 people.

-You will need to supply water bags for yourself (old wine bags or new work well these can be found at brew stores, you may find water containers at the dollar store. You should also bring at least one water bottle.

-You may want to freeze juice boxes and use them as ice packs in a soft cooler to keep perishables cool

-Plan your menu so that perishables (meat, fish etc.) are used up the first few days.

-I do not want to see Kraft dinner or loads of other junk food on the trip as this will not provide adequate nutrition to sustain you while kayaking. I suggest whole foods. I will likely be eating salmon and sautéed fresh vegetables for one of my dinners.

The following was taken directly from <http://www.kayakcatalinaisland.com/html/camping.html> it is intended to just get you thinking about menu options.

You can use back-pack type meals, or go gourmet. People get hungry with the combination of sun, sea and exercise so bring lots of food & snacks! Here are some menu ideas from our own trips...the key is the fresh produce. For your own trips, remember that you must pack up and remove all of your trash, so eliminate extra packaging before you leave the mainland. Ice chests don't really fit in kayaks. We use collapsible, insulated soft coolers- and freeze any food items we can to keep the interior space cold for a few days.

BREAKFASTS:

- Chiliquiles (eggs, cheese, salsa, tortillas)
 - Quesadillas (corn or flour tortillas, Ortega chiles, salsa)
 - Bagels with cream cheese & jam or sliced tomato, onion, fresh basil, capers
 - Cream of Wheat, raisins & honey
- Coffee, hot chocolate, herb & black teas
don't forget the espresso maker
fruit juices

LUNCHES:

- Sandwiches or Wraps
- Pita bread, flour tortillas, bagels
peanut butter & jam
lunch meat & cheeses
sm. indiv. tuna tins or sardines
hummus spread
tomato, onion, sprouts, cucumber

mayo & mustard
chips

SNACKS: (These are put in XS drybags and carried on kayak deck for quick energy)

Energy bars, jerky,
pretzels, string cheese sticks
trail mix, hard candies
carrot/celery sticks
oranges, apples
indiv. sport drinks or fruit juice

[Yummy snacks that are high in carbohydrates should be starches rather than sugars. Sugars (simple carbohydrates) are burned up quickly and supply only short term energy where as starches (complex carbohydrates) are better to sustain energy output over several hours. Good complex carbs are found in fruit, vegies, and whole grains. So an apple or dried fruit is a good snack. A whole grain bagel with tomato and cucumber would also be excellent. Avoid chocolate bars, sugary cereals, potato chips]

DINNERS:

- Pasta with chicken breasts (or vegetarian variation)
including: shallots, green & red bell peppers,
squash, garlic, mushrooms, fresh basil
French bread, butter, fresh parmesan cheese
- Couscous with turkey or chicken apple sausage curry
(or vegetarian variation)
peppers, broccoli, onions, almonds, coconut, raisins
Sourdough rolls or bread, butter
- Green Salad

- Soup & Sandwich (for a late Friday night meal)
"Trader Joe's" individual soups 1 or 2 each (just add hot water)
Variety of sandwich fixins including: lunch meats, cheeses,
vegetables, hummus
bottled water

DESSERTS:

S'mores
Baked apples w/ cinnamon or banana boats w/ nuts & chocolate

The more you can prepare ahead of time and freeze, the more time you'll have for fun & relaxing, plus the added bonus of frozen "done ahead" meals helps keep your sodas cold. Figure on packing 3-4 litres of fresh water per person, per day! Each paddler should have a personal water bottle on deck which can be refilled in camp. It is important to drink water while paddling! They say a liter an hour combined with an energy bar snack, or drink an electrolyte-replacement drink to keep your energy level up and save you those sore, tired muscles! (Water weighs about 2 lbs/ litre)

Regarding Tents: make certain your tent has a good fly that keeps the rain off and will stand in high winds.

*In determining gear volume pack as if it had to all fit in your back pack then you should be able to fit it in your kayak with room to spare. Please remember that we have to fit 12 peoples gear plus kayak gear on Mr. Pontalti's truck. Pack well.