

EQUIPMENT & SUPPLIES LIST

Last Updated: Feb 15 2010

Assumptions:

Trip Duration: 156 days.
Kayak, paddle, clothing, tent, sleeping bag, accessories by sponsors.

5 months given 16 miles/day.

Item	Quantity	Remarks	Recommendation
Warm/Dry Clothes			
Icebreaker base-layer wool	1	1 x 8L dry bag	Own
Patagonia 4 wool long-sleeve	1		Own
Underwear	4 pairs	1 wool lbex pair, 3 caplene Patagonia	Own
Fleece jacket Layer	1		Own
Synthetic Fill Heavy Coat	1	LARGE, RED, Waterproof, Hood, Ice-climbing caliber. DAS Park	http://www.e-omc.com/catalog/products/5111/Patagonia-DAS-Parka-Mens.html
Warm socks (fleece or wool)	5 pairs		Own
Wool hat	1		Own
RT Hoody	1		http://www.altrec.com/patagonia/mens-r1-hoody
RT Patagonia Wool pants	1		Own
T-Shirts (not cotton)	2-3		Own
Rain jacket with hood	1	Arc'teryx Theta outer shell	Own
Swimsuit	1	Patagonia swimsuit	Own
Paddling clothes			
Full Body Dry Suit	1	GORE-TEX Expedition Dry Suit (Large, Mango):	http://www.kokatat.com/product_detail.asp?code=exp
Paddling jacket with Hood	1	Radish, Large, Tempest Jacket for Warmer Days.	http://www.kokatat.com/product_detail.asp?code=tlj
Life Jacket (PFD)	1	Coat, L/XL,	http://www.kokatat.com/product_detail.asp?code=mp
Gloves	1 pair	Heavyweight Gloves, medium size	http://www.kokatat.com/product_detail.asp?code=NHG
	1 pair	Glacier Gloves	Own
Sun glasses	2 pair	Need a second polarized pair.	?
Hat	2	Baseball Cap / Rain Hat	Own
Bib	1	Kokatat bib, Goretex	http://www.kokatat.com/product_detail.asp?code=gwb
Footware			
Compact shoes for light hiking	1	Leather can be challenging in wet. Bulky boots vs shoes?	?
Sandals	1	Crocs	Own
Rubber Boots	1	Xtra ruffs for BC and Inside Passage	Out of Pocket
Booties	1	Knee high waterproof booties for Central Coast (Not Xtra ruff Sinkers!)	http://www.kokatat.com/product_detail.asp?code=WBM
Camping Gear			
4 season tent (2 person) with Guylines	1	MH Trangro 2 or Marmot Thor 2P	Gear Review
			http://www.mountainhardwear.com/Product.aspx?prod=2596&top=1&S1&cat=1886
Sleeping bag (0 degF) plus Dry Sack	2	LONG. MHW Lamina 0 or -15 degC.	Own
Sleeping mattress plus Dry Sack	2	Inflatable	Own
10-15m thick rope for hanging food bag	1	100 feet of 1/4 inch braided nylon rope	Out of Pocket
Tow Line (15 meters) / land anchor	1		Own
Bear Resistant Containers	2-3	12"x9" Can. BearVault.	Bear Vault - wet conditions, good seal, can fit in kayak. 700 cu in.
Rain Fly	1	Kelty 9 x 9'	http://www.rei.com/product/627834
Rain Fly Poles	2	78" pole folds to 21"	http://www.rei.com/product/683915
Clothes Line / Rain Fly Rope	1	25-30 feet white nylon line.	Out of Pocket
Cookware			
Stove	1	MSR WhisperLite International	Own
Back-Up stove	1	MSR Rocket Pocket	Own
Fuel	3 Liters	Multiple containers, 3Liters of white gas, 1 canister back-up.	Out of Pocket
Pots	2	1l pots, 1.9L & 1.3L pot, 2 frying pans/lids	Own
Mug	1		Own
Spoon + tea spoon	1		Own
Knife	1-2		Own
Scrub Pad + Wash rag / Liquid Soap	1	Sparing use of Dr. Bronners liquid soap	Out of Pocket
Lighter	2	The good ones work in winds and are waterproof	http://www.rei.com/search?search=lighter&cat=4500087&hist=query
Toilet Paper and 6" Trowel	10	Stack of folded paper towels as TP + pack of matches	Own
		2.4 Liter platypus bag	Own
Water Storage	1	3 Liter hydration system	Own
	1	3 gallon collapsible H2O container.	Own
	2	Nalgene 1 Liter containers	Own
Medicine			
Ace Bandage, Safety Pins, Band Aids	10		Own
Antibiotics for skin infections	10	Hydrogen Peroxide no drip gel.	Own
Broad range Antibiotic	2	Amoxicillin, coxycyclin (Doryx)	Done
Suntan Lotion	2	Two big bottles. One at refill. Limit Scent.	Done
Muscle Relaxers	1		SKIP
Ibuprofen	1	250 tablets, 200mg	Own
Tweezers	1		Own
Antidiarrheal Pills		lmodium. Also good for gas/stomach pressure.	done
Sudafed	1	for cold / sinus problems.	Own

Butterfly Closures and Sutures (6 gage)			Own
Mole Skin			Own
Bug Repellent (containing DEET)	2	8 oz bottles. Wear lots of clothing ;)	Out of Pocket
elastic rubber hose	1	3 ft long. stretching resistance training, repair kit, sling.	Own
Electronics / Leisure			
Books		1-2 per leg of trip.	
MP3 player	2		Own
Camera (spare batteries, memory cards)	1	Olympus Stylus 6000	Own
Back-Up digital camera	1	Canon?	
Waterproof case for the camera	1	Pelican Case	Own
Video Camera plus Spare Batteries / Memory	1	?	Sponsor?
Headlamp	1	Spare Batteries needed.	Own
Lithium Batteries	1	GPS/VHF/	
Hygiene			
Shampoo (liquid Dr. Bonners)	2	32 oz bottle which I put into multiple small bottles for each leg.	Done
Hard Soap (Dr. Bonners)	2		Done
Fast drying towel	1	Medium size quick dry.	
Toothbrush and Low Odor Toothpaste	1		Out of Pocket
Deoderant	5	low odor/scent if possible	
Tweezers, Nail clippers.	2		Own
Packing			
20L dry bags (Large)	2	Need 1 more. eVent Compression.	http://www.seatosummit.com/products/display/1
13-14L dry bag (Medium)	2	Need 2. eVent Compression or Big River dry bags	
8-10L dry bag (Small)	2	Big River Sea to Summit bags	http://www.seatosummit.com/products/display/7
4-6L dry bag	1	Big River Sea to Summit bags	
2L dry bag	1	Big River Sea to Summit bags	
Kayak and Paddling Gear			
17 Ft+ Kevlar/Carbon Lay up Kayak	1		
Installed Deck Compass	1		
Spray Skirt	1	Neoprene.	
Primary paddle	1		
Spare paddle	1		Own
Paddle Leash	1		
Sponge and bilge pump	1	Seattle sports.	Done
Keel Strip		Sterling	Sterling
Repair Supplies			
Leatherman (or similar)	1		Done
Fiberglass Repair Kit	1	Fiberglass cloth, mat, resin (minimize catalyst toxicity/water effects)	Sterling
Acid Brushes cut in half	4	F/G repair.	
Epoxy tube	1	For fiberglass repairs	
Duck tape	1	For kayak repairs + packing	Own
100 ft of Wire		Galvanized Stainless Steel Wire for repairs.	Own
Sandpaper	1	50-grit	Own
Needlework kit	1		Own
Gorilla Glue	2	8 Oz. Refill at some point.	
Repair kit for inflated mattresses	1		Own
Repair kit for tent fabric	1		Own
Gasket Repair Kit - Dry Suit	1		Done
Olive Oil lubricant	1	Along with kitchen goods.	Own
Keel Strip	1	Sterling in Bellingham - Do ahead of time.	
Navigation			
			http://www.rei.com/product/802024
Waterproof watch	1	Alarm needed. Barometer, Thermometer and altimeter great.	http://pathfinder.casio.com/
Compass (Hand held)	1	Brunton or Suunto with declinator.	http://www.rei.com/product/837189
Maps (Hard Copies)	1		
GPS	1	Garmin Etrex HCX	Own
Spare batteries for GPS	1	Alternative case for AAA batteries.	
GPS Maps (AK)	1	100k maps from Garmin - from US TOPO map. Then manual upload.	
Safety and Communication			
VHF radio	1	Lithium Ion. Own Radio, but need to get spare AA battery case.	Out Of Pocket for Spare Battery.
Cell phone and Charger	1	Low cell phone coverage during trip.	Out Of Pocket
EPIRB	1	406 MHz Category II. Rent or borrow?	
SPOT	1	\$100/yr + \$150 device.	
Satellite Phone	1	Rental Rate (\$30/week)	Out Of Pocket
Flares	4	Orion Flares	Own
Orange Smoke Wands	0	NICE TO HAVE	Out Of Pocket
Bear Spray	1	Pepper spray in nylon carrier with belt clip.	
Air Horn	1	Bears and Rescue	Out Of Pocket
Whistle and Bear Bell	1	On PFD.	Own

Strobe Light	1	eGear Enlightened	Own
Food			
Food	170	\$8/day	
Fresh Food	170	\$50/week	
Packaging and Shipments	4	4 x \$100 shipments	Port McNeill, Prince Rupert/Ketchikan, Juneau/Cordova, and Seaward

CauseToPaddle.org Overhead

Publicity

Website	\$75/year
Domain Registration	\$30/one time
Domain Insurance/Security	\$30/one time

Documents

Passport	1	Good through 2019.
Health Insurance	1	
Trip Itinerary	1	Will be sent to IP registry and park offices.
Car from LA to Seattle	1200	miles.
Car from Seattle to Anchorage	2500	miles
Car from Anchorage to Fairbanks to Whitehorse	2600	miles

PFD Survival Kit

Firestarter (waterproof lighter)	1		
Flares	2		
VHF Radio	1		
Knife / multitool	1	with vise-grip pliers	
High Energy Food Source	25	Carb pills / dextrose tablets - easily metabolized carbs	Equalactin Tablets 48'S
Whistle / Signalling mirror / Air Horn	3		
PLB	1		
GPS	1		
Head Lamp	1	eGear Enlightened	
Emergency Space Blanket/Shiny Silver			
Fishing line/hooks in PFD.	2		