

Seaspray Kayaking
Paddling Mid-Coast Maine!
www.seaspraykayaking.com
1(888) 349-7772

Mailing Address:
78 Desert Rd.
Freeport, Maine
04032

Sea Kayaking the Coast of Maine What to Bring?"

You should wear and/or bring the following for your summer paddle:

- Swimsuit/ Nylon Shorts & T- Shirt (ideally not 100% cotton)
- Watershoes/Sandals/Sneakers/Neoprene Booties (these will get wet)
- Hat w/ Strap or Clip
- Sunglasses w/ Strap
- Wind/Sweat/Dry Pants
- Fleece Jacket/Windbreaker
- Biking/Paddling Gloves (optional)
- Water Proof Watch
- Rain/Splash Jacket

**** Please do NOT wear jeans for kayaking. They will remain cold when wet.**

The following should be packed together in a small waterproof bag and/or Ziplocs:

- Snacks
- Water Bottle(s)-Filled with 2 Quarts/day
- Waterproof Sunblock & Lip Balm-SPF 15+
- Waterproof/Disposable Camera
- Medication (i.e.- inhalers, bee sting kit, allergies)