

WHAT TO BRING

ON A SEA KAYAKING TOUR IN MENORCA

Here is some information and a list of basic personal belongings to help you prepare your travel bag for your sea kayaking tour in Menorca.

Experience shows that this list of belongings is enough to live comfortably for a week in the Mediterranean during the summer season. In general, we try to minimize the volume transported; weight is less problematic because it is not directly on our backs. For storage in the kayak's waterproof hatches, this method will be used as much as possible: light and large items (clothes, sleeping bag, mattress) in the extremities of the boat (fore and aft), and heavy and dense objects (food cans, water) against the bulkheads of the cockpit, as close as possible to the kayak's centre of gravity.

Sea kayaks can take loads of gear, however, the more you have, the heavier (and slower) your kayak is. It is also more difficult and time-consuming to pack and unpack. The key is to keep everything to a minimum. Everything should be packed in dry-bags. Many smaller dry-bags are preferable to a few larger ones. 20 litres (20cm diameter) should be the maximum size. I suggest 3-5, 10 to 20 litre maximum dry-bags and 1-3 smaller ones 5 to 10 litre of various sizes and colours

PERSONAL ITEMS - YOU BRING

Paddling gear:

- 2 quick dry shirt (a long sleeve shirt - a lycra or polypropylene like Helly Hansen is ideal)
- 1 Quick dry or neoprene shorts
- Waterproof paddling jacket or light rain stopper.
- Swimming costume
- Sport sandals, water shoes or "cros"
- Hat and sunglasses with retaining straps
- sunscreen

Dry clothes:

- Pair of trainers or walking shoes or sport sandals (light) with sox
- 2 T-shirts or similar (cotton)
- 1 shorts
- 1 trousers
- 1 thermal top base layer or sweat shirt
- Underwear
- Wind or rain stopper
- Bath towel
- Thick towels (beach towel and also to remove salt). After your last swim in the sea, a good trick is to immediately wipe all parts of the body to trap the salt in the water that is absorbed by the towel, instead of drying off naturally, which allows

the water to evaporate and leaves salt deposits on the skin. If you don't know this method, try it! You'll be surprised by the results.

General gears :

- Water bottle w/strap to fasten to kayak – min 1 litre.
- Toiletry kit - biodegradable sea water soap or shampoo, toothbrush and small tube toothpaste, small container moisturizing cream, etc.
- Lip salve
- Mosquito repellent

Camping gears :

- Foam or inflatable mattress – (Thermarest) less volume as possible
- Sleeping bag
- Flashlight or Head torch (with extra batteries and bulb)
- Mug, plate or 1 L airtight container, spoon and good knife.

Optional Items :

- Camera with waterproof box or bag for storing it.
- One book
- Toilet paper
- Snorkeling items
- Some people like to use biking or sailing gloves to protect their hands from friction, and it is very effective if you are prone to blisters.
- In general, try not to bring too much luggage (we always bring too much or more than necessary). In this way, you'll have more freedom. Also, your traveling will be easier, as will the storage of your bags on site.

ADDITIONAL AND OPTIONAL INFORMATION

Some people like to use biking or sailing gloves to protect their hands from friction, and it is very effective if you are prone to blisters.

In general, try not to bring too much luggage (we always bring too much or more than necessary). In this way, you'll have more freedom. Also, your traveling will be easier, as will the storage of your bags on site.

Here is my cell phone number: **00 33 6 50 81 96 82**. Please send me your phone number and arrival time and/or hotels where you'll be staying, for those who arrive in advance.