

# Pamlico Sea Base

## Sea Kayaking Trek Planner



Everything  
you need to  
know to make  
the most of  
your trek

### Your adventure begins....

Monday morning, you pile into the van with the rest of your group.

You and everybody else are a little jittery; apprehensive, but excited too. You sway from side to side as the van rolls along two lane roads through Eastern North Carolina, passing fields of tobacco and swampy tracts of pine trees.

Suddenly the land ends. You're crossing a bridge, and gazing for the first time at the water you'll be paddling on all week.

Piling out of the van at Harker's Island, you're quickly at work organizing your gear while your guide divvies up water and food. After stuffing and cramming your dry bags into the hatches of your slender boat, you're sliding your kayak into the quiet water behind a jetty. Coming around the end of the jetty, you see nothing but open water between you and adventure.

Led by your guide, surrounded by your troop it's time now to put those skills you learned yesterday to work. Cool salty water splashes over you occasionally as your kayak cuts through the waves. Conversation isn't really possible; you have to yell to make yourself heard over the wind, but you don't very much mind being left to your own thoughts as you paddle.

Your guide stops paddling and gets out of his boat. You're amazed to see him standing there, surrounded by miles of open water, the water hardly reaching his knees. Now everybody's out of the boats. It's a sandbar; a good spot, and a good time, for a break. Across the sound, you see pelicans skim the water with open beaks, catching bait fish as they fly. Wild ponies leisurely graze on the grass growing up through the water on another nearby sand bar. Hopping back in your boats, you continue paddling to your first destination.

You learn to prep your kayak for the night to keep critters out. After a quick dinner under a picnic shelter, you carry your tent and bags across the island to the beach. You set up your tent, tucked between protecting sand dunes.

It's been a day of new challenges, big and small. Now's it's finally time to slow down, to sit and watch the crashing waves until the last rays of sunlight disappear. The moon rises above the horizon.

Knowing a day of long-distance paddling will begin very early in the morning, you crawl into your tent, and are soon lulled to sleep by the rhythm of the waves.



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# PHYSICAL & MENTAL PREPAREDNESS

## Mental Preparedness

A typical day of sea kayaking can range from fun and relaxing to physically and mentally demanding. While North Carolina typically has beautiful weather during the summer, and your guide will adjust routes to changing weather conditions, there are often hours or days that will be tough. Wind and weather conditions constantly change.

Unlike backpacking, there may be times when conditions prevent paddlers from taking breaks to rest. One example is while crossing a large expanse of open water on a windy day or when trying to get to land before a thunderstorm.

You may experience paddling against the wind, wind that creates waves at your broadside or gusts up to 30mph.

Your guide will change route whenever possible to make your days more enjoyable but sometimes there is no other option.

It is important that participants prepare themselves for the mental, emotional, and physical strain that come with paddling in high winds.

## Angry skies over the Outer Banks



## Physical Considerations



### Dimensions of a kayak at Pamlico Sea Base

**Length:** 14' 6"

**Width:** 25"

**Deck Height:** 16"

**Cockpit Length:** 35.5"

**Max Capacity:** 350 lbs

Unlike canoeing, your waist and hip size may be a deterrent in your ability to safely control a sea kayak. An individual's total height will also affect his or her ability to control the boat. On your trip, you will paddle a kayak between 14' and 15' in length. The style kayaks we use are called "touring kayaks." Touring kayaks are easier for beginners to paddle than classic sea kayaks, but have the performance needed for long distance trips.

1. Go to an Outdoor Retailer

Sit in an alike kayak. Most retailers will be understanding and will allow you to try one of the boats in the store. Take the dimensions and description of our kayaks with you to aid in choosing a kayak to sit inside.

**WE  
STRONGLY  
RECOMMEND  
YOU:**

2. Find an outfitter or rental company

Rent a similar kayak. It is important that you rent a similar kayak to one that you will paddle. Take the dimensions and description with you. Paddle the kayak on flat water in calm conditions.



## Height and Weight Requirements

Each participant in a Sea Kayaking trek must not exceed the maximum acceptable limit in the weight of height chart shown at right.

The right hand column shows the maximum acceptable weight for a person's height in order to participate in a kayaking trek. Those who fall within the limits will have a better experience and will avoid incurring health risks. Extremely small paddlers are also very likely to negatively impact their group.

Your kayaking trip will require you to paddle a kayak that weighs 65 pounds. Add 65 pounds to your own bodyweight, the weight of your equipment, food and water to see how heavy your kayak will weigh. Most of the kayaks we use at Sea Base have a weight limit of 350lbs.

**Please understand that individuals who are overweight or underweight are very likely to cause more problems for their crew.**

**An individual who needs to be removed from a trek for these reasons will do so at his or her own expense.**

HEIGHT	RECOMMENDED WEIGHT (LBS.)	MAXIMUM ACCEPTANCE (LBS.)
5'0"	97-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	156-222	260
6'4"	152-216	267
6'5"	160-228	274
6'6"	164-234	281
6'7" & taller	170-240	295

## PHYSICAL TRAINING

Sea kayaking on the coastal waters of North Carolina is physically challenging. While most itineraries progress each day in difficulty, it is highly recommended that you arrive physically capable of enjoying your trek. Although you can start kayaking without any preliminary physical training, your body will adapt more easily to kayaking if you are reasonably fit. We suggest adopting an exercise program that includes strength building exercises no less than one month before your trip.

Include exercises that target some specific paddling muscles, such as biceps, triceps, forearms, abdominals, lower back and upper back.

Energetic walking, swimming, or bike riding will add a great deal to your paddling fitness and overall endurance. Long distance kayaking requires cardiovascular fitness. Although you don't use your legs much while in your kayak, these activities increase your cardiovascular fitness. You will also find you use your legs quite a bit on our trips when you get to land! We arrive on the sound side of the island and frequently camp on the ocean side. This will require you to carry your gear across deep sand over to the ocean side.

### Legs

**Activities:** walk, jog, run, jump rope, cycling, stair climbing, hiking, backpacking

**Exercises:** lunges, squats, box jumps, leg press

### Arms and Shoulders

**Activities:** paddling, rowing, swimming, rock climbing, surfing

**Exercises:** pull-ups, chin-ups, dips, dumbbells rows, bicep curls, tricep curls, military press, rope climb

### Core

**Activities:** rowing, paddling, swimming, rock climbing, martial arts, surfing, slacklining, yoga, wrestling

**Exercises:** mountain climbers, burpees, pull-ups, sit-ups, leg raises

# Route Planning



## Discussing the Options with your Group

When planning your trip, it is important that your group discuss your options so that arrive at Pamlico Sea Base with the same goal. Most groups of our are looking for one of two experiences; either a relaxing experience with time to fish, swim and play on the beach, or a challenging wilderness adventure. If your group is looking for a challenge, it is important that you bring scouts or venturers that are physically and mentally mature.

Use the following questions when you begin the planning process:

- \* Does your group want a physically and mentally challenging wilderness adventure or a relaxing week on the beach?
- \* Does your group hope to receive the 50 Miler Award?
- \* What kinds of experiences are important to your group?
- \* What level of interest does your group have in the history or environment of the area?
- \* Using the map on the following page, discuss what places your group is most interested in seeing.

Once you have decided what kind of experiences are important to your group, let the Pamlico Sea Base director know whether your group is looking for a challenging trip or a relaxing one. Providing us with this information will allow us to be better prepared for your specific trip.

## Locations and Activities

The maps on the following pages show the locations of campsites and various points of interest with some information on each location. We kayak and camp on islands that are part of Cape Lookout National seashore and Hammocks Beach State Park.



While the islands we paddle along and camp on are remote and uninhabited, there are a variety of activities to entertain your group once you arrive at your campsite each day. The shallow waters of the sound provide areas in which to go clamming and fishing. Skimboards and boogie boards turn the crashing surf into a playground. Relax with a game of bocci ball on the beach. A deck of cards will entertain your group should they encounter bad weather.

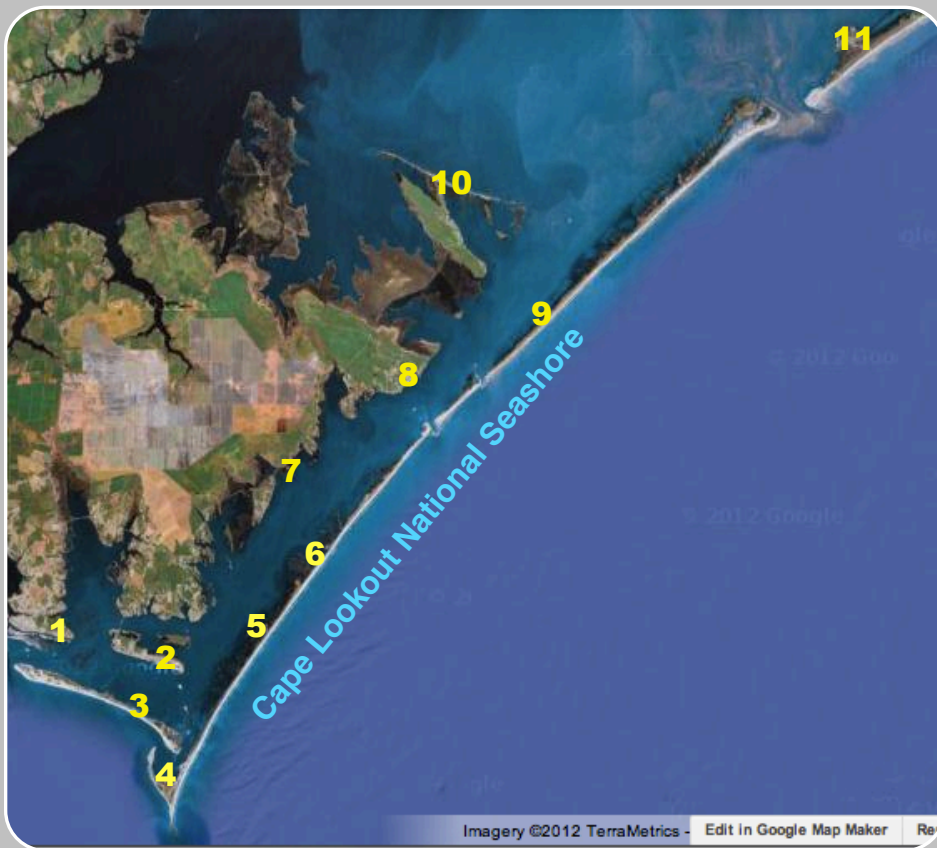
## The Planning Process after Your Arrival

Due to the constantly changing conditions of the weather, your trip plan will not be finalized until you arrive. Your guide will sit down with your group to discuss the weather forecast for the week. The weather will be the major controlling factor during your trek. He or she will design your trip based on your group's interests and the weather. The physical and emotional safety of your group is paramount. Your group must be prepared for possible weather conditions that eliminate certain destinations.

## STAYING FLEXIBLE

Out on the water, we are at the mercy of nature. Your guide will design a route for your group when you arrive based on what is important to your group and the weather forecast for the week. You may not be able to visit certain locations and may see others you hadn't planned to. Please know that your itinerary may change mid-trip due to changing weather conditions. Staying flexible, adapting to adversity and staying positive will help your group deal with trip changes in more constructive ways. An easy, predictable trip would not be an adventure.





## ROUTE BASICS

**Wind Direction-** The wind is usually from the South West in the summer so we travel North East along the coastline with the wind at our backs.

**The Mainland-** We typically avoid the mainland. The mainland is marshy with brackish water-making it very buggy. Sometimes we must camp there because of bad weather.

**Core Banks-** The string of islands that make up Cape Lookout National Seashore include Shackleford, South Core Banks and North Core Banks. The sound between Core Banks and the mainland is called Core Sound.

**Storms-** Due to the volatile atmosphere during the summer, thunderstorms form in the early to mid afternoon during the hottest part of the day. To avoid being on the water during storms, we get on the water early so that we arrive at our destination by early afternoon.

1. **Beaufort-** This historic waterfront town has a few shops, a small maritime museum and traditional ship building shop. Sometimes our treks leave from here.
2. **Harker's Island-** This remote fishing village is known for it's distinctive dialect. Most of our treks leave from here. Cape Lookout National Seashore park headquarters is located on this island.
3. **Shackleford-** Wild ponies roam free here and there are no facilities. This island has the shortest walk from the sound to the ocean. Camp in grassy areas where the horses graze or on the beach between the dunes.
4. **Cape Lookout-** The most famous section of South Core Banks. Check out a working 150-year-old lighthouse guarding deadly shoals, light-keepers quarters and museum, gift shop and restrooms. A 30 minute walk into the maritime forest and you arrive at an abandoned village and historic Life Saving Station.
5. **Cod's Creek-** A few miles North of Cape Lookout, this is a primitive camping spot on South Core Banks.
6. **Great Island Camp-** A small campground for fisherman and paddlers. Restroom facilities and a Ranger station.
7. **Davis-** Small town on the mainland. Primitive camping near marshes. Gas station within walking distance.
8. **Atlantic-** Small town on the mainland. Pay-only campground with showers and a pool. Share the campground with other tourists and RV campers
9. **Long Point Camp-** Bathrooms may not be operational. Non-potable fresh water. No facilities

10. **Cedar Island-** Ending point for many of our treks. Notorious for mosquitoes. Small restaurant and campground with restrooms. The ferry to Ocracoke leaves from here.
11. **Ocracoke-** Remote island accessible only by boat. Historic fishing village and lighthouse. The infamous pirate Blackbeard hid his ship here. The island has no chain restaurants or big hotels. Most locals travel by bike or foot. Ending your trip here means a 2 hour ferry ride and then half-day of strolling around the island, eating ice cream, checking out funky souvenirs and eating fresh seafood. Locals speak the Hyde County dialect.



# Hammocks Beach State Park

Hammocks Beach State Park is a group of 3 uninhabited islands along the outer banks about 30 miles west of Harkers Island. Like the islands along Core Sound, these islands have a rich history and their own unique landscapes and ecosystems.

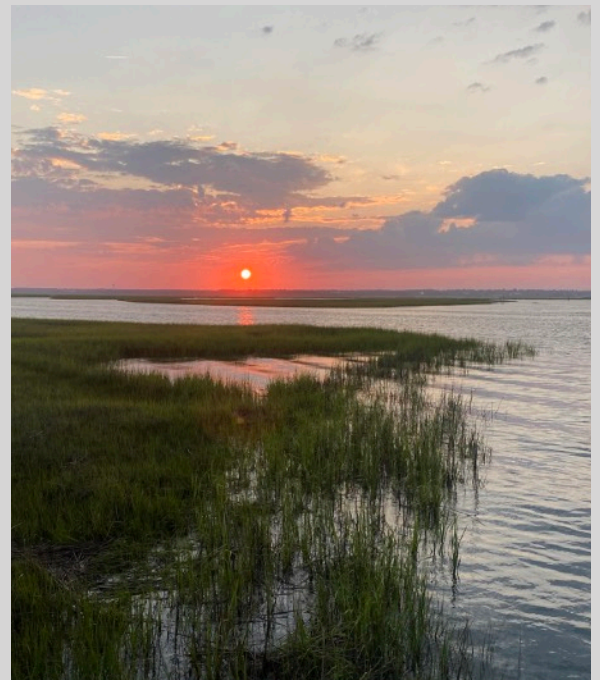


- 1. Bear Island** is the largest island in the park and the only island where camping is allowed. Unlike the islands of Core Sound, Bear Island has enormous sand dunes, one of which is 60 feet high. The beaches of Bear Island are wide and expansive. There are deer and even coyotes on the island.
- 2. Dudley Island** has a small maritime forest to explore with old gnarled live oak trees, marshes full of fish and sandy white beaches.
- 3. Huggins Island** has a rare maritime swamp forest and a Confederate armament built to defend Swansboro from the Union.

Over the last few years, we have seen an increase in extreme weather at our coast. Most of what we see is higher winds more often, at speeds that make kayaking in the open waters of Core Sound too dangerous.

Luckily, the route to Bear Island is through very protected marshes. The marshes knock down the chop created by the wind, so while we still may be paddling against strong headwinds, we don't face the danger of rough chop. Additionally, camping is behind the dune line, which means our tents don't get battered by the high winds.

If your week has some bad weather, we prioritize heading to Cape Lookout, Shackelford, and Core Sound on the nice days, and Bear Island on the days with high winds.







Looking dorky and proud of it!



ALL THE COOL KIDS DRESS LIKE THE GUIDES



## Gear advice from Pamlico Sea Base guides. . .

Our gear list has been refined over the years to include equipment that will keep you as comfortable as possible during your trip. The gear list you'll find on the following page is the long version- containing not just what you need but why you need it and wish you had it if you don't bring it. Below are some general points to keep in mind as you pack.

### ***The faster your clothing dries, the happier you'll be.***

North Carolina is a tropical zone during the summer. Daily temperatures can reach 100 degrees Fahrenheit. You'll be traveling over open water with high levels of glare from the sun. Nights are typically in the 70's and humid. Your body will be exposed to harsh elements including salt, sand and high levels of UV. Due to the nature of kayaking in this environment, you will be somewhere between damp and soaking wet every day.

### ***Smaller and Lighter is better.***

Although a sea kayak can hold heavier and bulkier items than a backpack, it doesn't mean you should pack it that way. Remember that you'll be paddling your kayak most of the day so the weight does matter. You will use less energy propelling and turning a lighter kayak. You will pack and unpack your kayak at least



twice a day, sometimes more. Items that are bulky make your boat more difficult to pack. Additionally, remember that your personal gear needs to fit in the provided dry bags mentioned on the following page. Any items you bring that don't fit in those bags might get wet. If you bring your own dry bags, they may not fit inside the hatches of your kayak.

### ***Don't be a fashionista***

We know- long sleeve, quick dry, button-up shirts look like what your grandparents wear. We know you want to look cool. Rash-guards look cool on surfers, but when you get chaffing in your armpits from paddling in one, you'll wish you had that long sleeve button up we told you about. Choose clothing that is comfortable- pants you can sit in for long periods time time, shirts that are loose and give you freedom to move.

Follow our guidelines as closely as possible.

### ***A bag of bags***

Dry bags are pretty waterproof but sometimes water still gets in- especially if you capsize. Bring zip-lock bags in a variety of sizes. They will help you organize your stuff within the dry bags and help keep water out.

### ***Baby powder is magic!!!***

Keep reading to find out why.



# EQUIPMENT

## Keep in mind:

The provided list includes what you'll need Monday through Friday. Please bring additional clothing for Sunday night, Friday night and Saturday morning. Like backpacking, space is at a premium. Whenever possible bring small, packable items.

## Equipment Provided by Pamlico Sea Base

### Provided Individual Gear

#### 2 Dry Bags:

20 Liter - 9" x 16": 1170 cubic inches

10 Liter - 8" x 14": 620 cubic inches

#### Kayak:

14-15 ft Decked Sea Kayak w/ rudder

-Dagger Savannah

-Wilderness Systems Tsunami 145

#### Kayak Paddle:

Aquabound Manta Ray

#### Personal Flotation Device:

Harmony AF 6.5

#### Spray Skirt

#### Bilge Pump



### Provided Group Gear

#### Tent:

2-person backpacking style dome tent

#### Sand tent stakes

#### Stove:

MSR Whisperlite  
Cooking equipment is provided

#### Group water storage containers

#### Sun/Rain tarp

### Gear Carried by your Guide

#### First Aid Kit

#### Map + Compass

#### Kayaking safety equipment:

- whistle
- throw line
- compass
- GPS unit
- mirror
- signaling-devices
- tow line
- paddle float
- VHF radio

#### Cell phone



### Fun Stuff

#### Clam rake

Your group must have North Carolina fishing licenses to fish or collect clams

#### Boogie Board

#### Flounder Gig

#### Skim Board

#### Bocci Ball

# REQUIRED PERSONAL GEAR

## What to bring and why

### The Nitty Gritty

This long version of our required gear list includes details of how each item on the list is used and why it is so important.

**1 Lightweight quick dry long sleeve button up shirt-** You need one shirt that fits this exact description. We want you to wear a long sleeve shirt is not stretchy (100% polyester or nylon/poly blend) While paddling, you are exposed to extremely high amounts of sunlight and you will frequently get wet. It is imperative that the shirt you paddle in dry quickly, breathe well and offer you good sun protection.

**1 Lightweight Quick dry T-shirt-** A fast drying t-shirt is great to paddle in and to wear around the campsite

**1 Pair swim trunks or quick dry shorts-** You will wear these every day. You will be seated in your kayak and wet much of the day. It is important that your shorts are comfortable and dry quickly.

**1 pair quick dry long pants-** Or convertible pants, Long pants give you relief from bugs, blowing sand and the sun.

**Water shoes or sandals-** You will get in and out of your kayak frequently. Your feet will be wet most of the day. Shoes will protect your feet from razor sharp oyster shells. Your shoes should be comfortable and not give you blisters. Suggestions: Keens, Vibram 5 Fingers, Chacos, Texas, etc. NO CROCS

**Pair of shoes to stay dry-** You'll wear these if you go to Ocracoke. Sometimes it's also nice to have a pair of dry shoes to put on.

**Full brimmed hat-** You will be paddling on open water with no sun protection. A hat with a full wide brim protects your eyes and face from the sun. It should float and have a strap to go under your chin.

**Rain Jacket-** Sometimes it rains or storms. It can get chilly when it does. Keep in mind you may not be able to access it when the rain starts or you may already be wet from paddling.

**3 Pairs Underwear-** Our guides disagree on this subject. Many go commando. Others swear by compression shorts. Bring underwear. Try it with, try it without to see what works for you. Whatever your bring should dry quickly and not bind. It's also nice to bring a pair to keep dry and clean to wear in your tent at night.

**2 Bandanas-** Bandanas keep sweat out of your eyes, and when wet provide relief from heat. Over the mouth and nose, they keep out swarming bugs.

**Lightweight sleeping bag-** Nights below 70 degrees are rare. Your bag should be rated for summer and pack down very small. Many people bring with a military poncho liner or lightweight fleece blanket.

**Sleeping pad-** sand is soft, but you'll still want a pad to sleep on. If you bring a pad that is bulky, realize it may not fit in your dry bag and might get wet.

**Small Pillow-** SMALL. It should be less than half the size of your sleeping bag. A larger pillow won't fit in your dry bag.

**Money-** Your group may end in Ocracoke where you may want to buy food or souvenirs

**High SPF Sunscreen-** Waterproof, sweat-proof with zinc. Tear free so you can put it on your forehead and it won't sting your eyes. Make sure it is a brand you know works for your skin and is not expired.

**Sunglasses with chord-** Make sure they are polarized. They should fit your face well. You will be on water with high levels of glare for large portions of the day. A cord will keep them on your head while you paddle.

**Headlamp-** not a flashlight. You may need it to set up camp at night when you'll need your hands free. You also may need to wear it while paddling if you paddle at night.

**Insect Repellent-** Sometimes bugs aren't bad, sometimes they're horrible. You should bring repellent with 20% to 30% DEET. This is enough to keep bugs off. Do not bring 100% DEET because it will definitely eat through your tent and dry bags. Even 20% DEET has been known to eat through dry bags.

**2 Large drinking bottles-** 1 liter each. We recommend Nalgene Brand. They should have wide mouths and sturdy lids. You will drink around a gallon of water every day. If you only have one water bottle, or two small bottles, you will get dehydrated. A cheap alternative are liter size Gatorade bottles.

**Lip Balm with SPF-** Sunburned lips are just as miserable as sunburned skin. Burned lips swell, crack and bleed.

**\*BABY POWDER\*** Baby powder is MAGIC. Bring a travel size bottle. It will get all the salt and sand off of your skin and leave you feeling cool and refreshed. You bathe with it. You'll use it when you get in your tent to get the sand off your feet and body

**Gold Bond-** This one is for the guys. You'll want to bring Gold Bond *and* baby powder. Bathing in Gold Bond isn't pleasant, and baby powder just doesn't cut it when you have chaffing problems.

**A&D ointment/Diaper Rash Cream-** Your skin will be damp or wet during the day. Baby powder and Gold Bond don't work on wet skin. Many participants experience some level of chaffing, often in the underarms where skin rubs against skin while paddling. A&D ointment or diaper rash cream will soothe chaffing on wet skin.

**Bowl + Spoon-** Dinner each night is a one-pot meal with either rice or pasta. All you'll need is a bowl and spoon.

**Small Knife-** Knives are always useful in the backcountry. You may need yours to slice food or to cut rope.

**Toothbrush + Toothpaste-** Hygiene is important, especially in the backcountry.

**Small Towel-** You may find a towel useful when you reach the campsite or after a shower on Ocracoke. Make sure it is very compact and dries quickly.

**Medications-** Make sure you note any daily medications you are taking on your medical form and bring them on the trek .

See page  
14 for a  
printable  
version of this  
list



# OPTIONAL EQUIPMENT



**Paddling Gloves-** May offer relief from blisters if you get any and provide sun protection.

**Sturdy Golf Umbrella-** If the wind is at your back, you can use the umbrella as a sail!

**Pelican Case Dry Box-** A durable, trustworthy dry box is the only way to ensure your phone and extra camera batteries stay dry on your trip.

**Large Mesh Backpack-** You'll land on the sound side of the island and camp on the beach. This means you'll have to carry your tent and dry bags across the island through deep sand. A large mesh backpack enables you to achieve this in a single trip.

**Small Deck Bag-** Our guides have small water resistant deck bags they strap to the top of their kayak in front of the cockpit. This provides easy access to things like cameras, sunscreen and snacks. This item is something many of our returning participants choose to bring with them. If you bring one, please choose a small, low profile one in case you paddle in high winds.

These items  
will make  
your trip more  
comfortable  
and enjoyable

**Seat Pad-** Sea kayaks generally don't have much padding in the seat. It's nice to have a small seat pad to keep on your seat.

**Camera-** Cameras enable you to document both the fun times and the epic moments. Make sure you bring a waterproof camera or a trustworthy waterproof case.

**Jump Drive-** Many of our guides take photos with their personal cameras on our trips. A jump drive will make it easy to take their photos home with you.

**Books or Journals-** Relaxing with a good book on the beach or documenting your experience in a journal is a nice way to spend time.

**Fishing pole-** Research size limits and effective bait before you arrive. Also note you'll need a NC fishing license.

**Socks-** If your shoes give you blisters, socks can help protect your feet. Don't bring cotton.

**Gatorade Packets-** We provide Crystal Light, but many prefer single serve Gatorade packs for their bottles.

## Special Information for Female Participants

### *Staying Comfortable*

During your trip, you'll be wet or damp most of the day. The seat of your kayak will usually be wet, which means a wet bottom. To avoid problems like urinary and yeast infections, it is recommended you wear loose fitting, fast drying shorts. Many of our female guides find that wearing underwear restricts air flow and go without beneath their shorts. Bikini bottoms and swimsuits do not breathe well and hold moisture. It's fine to bring one specifically to swim in, but you don't want to spend all day paddling in it.

### *Accommodating your Period*

Your period will not ruin your trek. Many women use birth control to keep from having their period during the trek. If you have this option, it will make your trek



more comfortable. If not, you must be able to use tampons or a menstrual cup. Pads are completely ineffective because of the wet kayak seat. If you use tampons, please let your guide know before your trip. He or she will make you a privacy bag and explain how to use it. A menstrual cup is a great option if you will have your period during your trip. For information on menstrual cups, copy and paste the link below into your browser:

[http://en.wikipedia.org/wiki/Menstrual\\_cup](http://en.wikipedia.org/wiki/Menstrual_cup)

When paddling from place to place, there is little cover behind which to use the bathroom. Sometimes you may need to change your tampon or empty your cup while sitting in your kayak. Letting your guide know you'll have your period during your trek will allow him or her to be more accommodating to your needs.

# When you Arrive...

## Early Arrivals

If your crew needs to arrive the day before your check in time please notify the Camp Director before hand. Please understand that staff may not be available and no program related material will be available for use. The dining facilities will not serve food until Sunday dinner. Shower facilities will be available.

## Sleeping Quarters

Crews will spend the night at base camp on Sunday and Friday. Youth participants will be housed together in our custom tents. Adults will be housed in a standard BSA 2 man wall tent. Bug netting is highly recommended for your two nights at Base Camp.

## Medical Screening

Every individual will receive a medical screening by the Camp Health Officer upon his or her arrival. All documentation should be completed before you arrive. Any individuals who are on medication will need to notify the Health Officer at this time. We prefer that a copy of your Class III form be sent in early with your registration kit.

## SWIM TEST

You can speed up your Sunday -to the benefit of everyone- by having your swim tests done at another location before you arrive. Please bring documentation.

The swim test involves jumping into water over your head feet first, swimming 75 yards freestyle, 25 yards elementary backstroke, and tread water for one minute. A BSA Lifeguard, Aquatics Director, American Red Cross Lifeguard or an American Red Cross Water Safety Instructor can check a swim test. A copy of this individual's certification card must be turned into Sea Base with their signature on the Unit Roster.

If your group needs to be tested at Sea Base, every youth and adult participant will be given a swim test by a Sea Base staff member in the pool at Camp Boddie after your medical checks are complete.

Every individual must qualify as a swimmer in order to participate in a Sea Kayaking Trek. Those individuals who fail to become a swimmer will be given one more opportunity before the end of the day on Sunday.



## Health and Medical Records

**Every participant is required to have a medical evaluation within the past twelve (12) months by his or her family doctor. The BSA Class III Medical Form must be used.**

**Adult leaders need to collect and review each participant's medical form prior to arriving at camp in order to be familiar with any health restrictions.**

**The medical forms will be turned in at Sea Base Headquarters during check in and a copy will may be carried on the trek with the staff guide.**

**Individuals with certain health restrictions such as severe allergic reactions, special dietary needs or any other issues that directly affect trek planning are required to notify the Sea Base Director in the pre registration process.**

Each participant is required to attach a copy of his or her personal insurance information to medical forms. Please include the company name and policy number of the family insurance policy and attach a copy of the insurance card.



## KAYAKING SKILL. SESSION



At least an hour of your first day will be spent in a kayak. Your guide will provide your group with an introductory course in basic kayaking skills and handling.

Each participant must complete a wet exit from his kayak and then get back into the kayak in water over his head.



## GEAR SHAKEDOWN

### Your guide will review

- What to bring, what to leave behind
- How to pack a dry bag
- Packing and unpacking your tent
- Loading the kayak trailer

Your group will meet at the gear shed where you'll be divided into tent partners. When you receive your tent for the week, you'll learn how to properly unpack, set up and re-pack your tent on the beach in sandy, high wind conditions. Your group will help your guide load your kayaks onto the kayak trailer and learn how to tie them down properly. Your group will help your guide pack group equipment into the trailer and have an opportunity to pack fun stuff- like boogie and skim boards- for the week. Each participant will receive dry bags for personal items.



In the conference center, each member of your group will spread out his or her personal belongings for the week. Your guide will ensure that every person has every item on the required equipment list and that those items are suitable for the trek. Your guide will help you organize your gear into dry bags. You'll learn how to properly close the dry bags to ensure they stay as watertight as possible.

# During Your Trek

## Safety and Health

During your stay at camp and on the trek your health and safety is our highest priority. Your guide will be a valuable resource to your crew in adjusting to the environmental safety concerns of Eastern North Carolina. In order to live up to the motto “be prepared” we are providing your crew with several situations that you should be aware of before your arrival. Being prepared for these situations will empower you to assist your guide during trying times.

## Cleanliness

Your biggest enemy during the course of the week will be the sand. Sand is an irritant to your skin and can become a hazard to your gear. Participants should make every effort to continually keep clean. Just a small amount of sand in the wrong place can cause sleepless nights. Baby powder will get sand and salt off of your body. Your guide will demonstrate the most effective techniques to stay clean.

## Dehydration + Sunburn

*Our most frequent ailments on treks are dehydration and sunburn.*

The combination of sun, wind, and paddling will remove large quantities of water via the skin. To combat dehydration each participant is required to carry a minimum of two 32 oz water bottles. Participants who suffer from extreme dehydration will be evacuated from the trek.

Sun damage to the skin before the age of 18 is a significant cause of skin cancer later in life. Sunburn on your trek- especially during the first few days- will make the your week extremely uncomfortable. Your painful burns will be exacerbated by exposure to salt, sand, and sunlight. Each crew member is responsible for protecting themselves from sunburn. Protective clothing- long sleeves, large brimmed hats and sunglasses are the best way to prevent sunburn. Other exposed areas should be protected by a minimum of SPF 45 sunscreen and

lip balm. Each crew will pack trail tarps for those campsites that may not provide adequate shade. If the weather is predicted to have extremely high temperatures and humidity the crew will leave camp in the early morning hours to reduce the amount of paddling done in extreme sunlight.

## Leave No Trace

Leave no Trace ethnics and techniques will be practiced during your trip. Cape Lookout National Seashore is a protected and fragile string of beachfront islands. Our duties as Scouts are to protect the land and preserve its delicate ecosystem. Trek guides will educate participants on proper Leave No Trace techniques for beach camping. “Pack it in, Pack it out” applies. Keep this in mind when packing any extra snacks.

## Accidents

Each crew will receive instruction on the equipment in the guide’s emergency box. This equipment includes the VHF radio that will allow participants to contact rescue personnel in the event that the guide is incapacitated in any way. Each guide is trained in accident prevention, specifically to the potential situations that may arise in your environment. As part of your orientation on the first day of paddling the guide will review these potential hazards and what each member of the crew can do to prevent them.

## Weather

Weather patterns on the North Carolina coast during the summer can be unpredictable. Most days are hot, with bright sunlight and clear skies. Average storm systems result from high humidity in the morning creating a thunderstorm in the afternoon hours. While rain from storms offers relief, the lightening and high winds are very hazardous. On the outer banks there is often little to no cover from lightning, making it vital to monitor and read incoming weather fronts. Every trek will include lessons in predicting and monitoring weather patterns. To help make travel more comfortable routes and schedules may be altered due to weather.

## Lightning

Paddling in a lightning storm is dangerous and against BSA Standards. Salt water is an excellent conductor of electricity. Your crew will make every possible effort to get off the water as soon as possible. Your crew will be briefed on lightning protocol before your trip.

## Hurricanes and Extreme Weather

The majority of hurricanes and tropical storms that strike the NC coast can be predicted days in advance. In most cases you will be contacted before your arrival if we are concerned about an approaching storm.

In the rare insistence that your crew is on the water and has to be removed due to an approaching hurricane your guide has complete control over the group. He or she will coordinate

evacuation with the director. Due to distance from base camp and the remote location of the islands, it may take as long as 8 hours from the time your guide is instructed to evacuate to the time you arrive back at camp.



**Any participant resisting directions from a Pamlico Sea Base guide in a life threatening situation will not be tolerated.**



## **Required Personal Gear**

### **Clothing**

- 1 Lightweight quick dry t-shirt
- 1 Lightweight long sleeve quick dry button up shirt (NO RASHGUARDS)
- 1 pair of sandals or water shoes
- 1 pair of shoes to be kept dry
- 1 pair of swimming trunks or quick dry shorts
- 1 pair of zip off convertible pants or quick dry pants if you brought shorts
- 1 full brimmed hat
- 1 lightweight rain jacket
- 3 pairs of under wear
- 2 bandanas

### **Sleeping Gear**

- 1 light weight summer sleeping bag or fleece blanket or poncho liner
- 1 sleeping pad or folding crazy Creek
- small pillow

### **Other Essentials**

- SPF 45 Sun block
- Sunglasses with cord
- Flashlight or headlamp
- 1 small bottle of insect repellent
- 1 small bottle of biodegradable soap
- Baby wipes
- 1 small knife
- 1 tube of travel size toothpaste
- 1 small towel
- 1 tooth brush (small)
- 2 LARGE Drinking bottles (32oz)
- chap stick
- BABY POWDER
- GOLD BOND (for men + boys)
- A&D ointment /diaper rash cream

### **Eating Gear**

- 1 Bowl
- 1 Spoon

### **Optional items**

- 2 pairs socks
- Fishing pole
- Books or journals
- Nature guides
- Camera
- money
- large mesh backpack
- paddling gloves
- golf umbrella (for sailing)
- anti-itch cream
- frisbee / bacci ball/hacky sac
- small travel hammock

The items in this column can double with the equipment you will bring on the trek. The preference is up to you.

### **Sunday Check in**

- 1 pair of swim trunks
- 1 pair of shoes to get wet
- Sunscreen
- 1 change of clothes for Sunday evening

### **Friday return**

- 1 complete set of clothing
- 1 pair of dry shoes
- shampoo
- soap
- towel
- toiletries
- 1 set of clothes for ride home Sat. a.m.

### **Thursday Night**

If your trek ends in Ocracoke on Thursday evening you may also want to bring a pair of clothing to change into for Thursday night and Friday. Showers will be available.

### **Additional Items**

- Spending \$ for camp store and on trek
- Signed Release Form
- Complete Class III Medical Form
- Medication with directions
- Extra Snacks
- Personal first aid kit with:
  - Band-Aids
  - Neosporin
  - Anti-itch cream
  - personal medicines

### **DO NOT BRING**

Electronics other than cameras  
Any form of a weapon  
Fireworks  
Metal detectors

# Outdoor Brands We Recommend

## Clothes

### ★ Quick Dry Long Sleeve Shirts

*Long sleeve, button up, 100% polyester*

- Columbia
- ExOfficio

### Quick Dry T-Shirts

- Columbia
- ExOfficio
- Prana
- North Face
- Patagonia
- Mountain Hardware
- Nike
- REI
- Target
- Wal-Mart

### Quick Dry Shorts + Pants

- Prana
- Roxy/Quicksilver
- Columbia
- Patagonia
- North Face
- Nike
- Mountain Hardware
- Target
- Wal-Mart
- Lululemon
- REI

### ★ Shoes

- Astral Loyak
- Chaco
- Keen
- Teva

### Accessories

- Buff - bandana
- Smartwool - socks
- REI - hats, gloves
- NRS - paddling gloves
- Columbia - hats

## Camping & Water Sports Equipment

### ★ Dry Bags and Boxes

- Pelican Case
  - dry boxes for cell phones and cameras
- Sealline
  - dry bags
  - deck bags
- Sea to Summit
  - Waterproof compression bags

### Sleeping Bags and Pads

- Thermarest
- Sea to Summit
- Wal-Mart + Target
  - bag-ONLY thin fleece blanket don't buy a bulky bag
  - pad- ONLY roll-up foam don't buy a bulky inflatable

### Water Bottles

- Nalgene
- Camelbak (only bottles)
- Klean Kanteen
- Stanley

### Sunglasses

- Costa Del Mar
- Oakley
- Kaenon
- Native
- Smith

### Miscellaneous

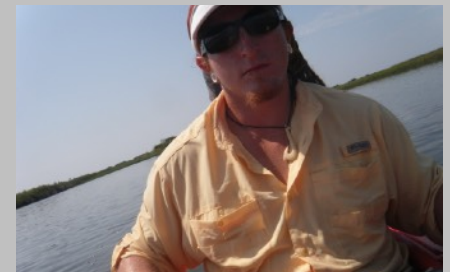
- Sea to Summit
  - Trek towels
  - Clotheslines
  - Eating utensils
- Folding camp chairs:
  - Crazy Creek
  - REI
  - Kelty
- Large mesh backpack:
  - StahlSac
  - Watersports Warehouse

## Read Your Label

Reading labels will save you money. Spend money on the items we've starred, they're the ones where brand really does matter. The others, you can often get a better deal with an off-brand if you know what you're looking for. Whatever you buy, make sure it is not too tight and fits properly.

You may even find clothes you already own that will fit the requirements of your trip. Here is what to look for:

- 90-100% Polyester
- Less than 5% Spandex / Lycra
- Tight, flat weave
- Thin, lightweight fabric
- No buttons or snaps on butt pockets



*Don't skimp on a long sleeve quick dry button up*



*A \$10 quick dry t-shirt is easy to find at Wal-Mart or Target*



*You may already have board shorts or running shorts that are comfortable and dry quickly in your closet*