

HOW TO PERFECTLY PACK YOUR KAYAK FOR A MULTI-DAY TRIP

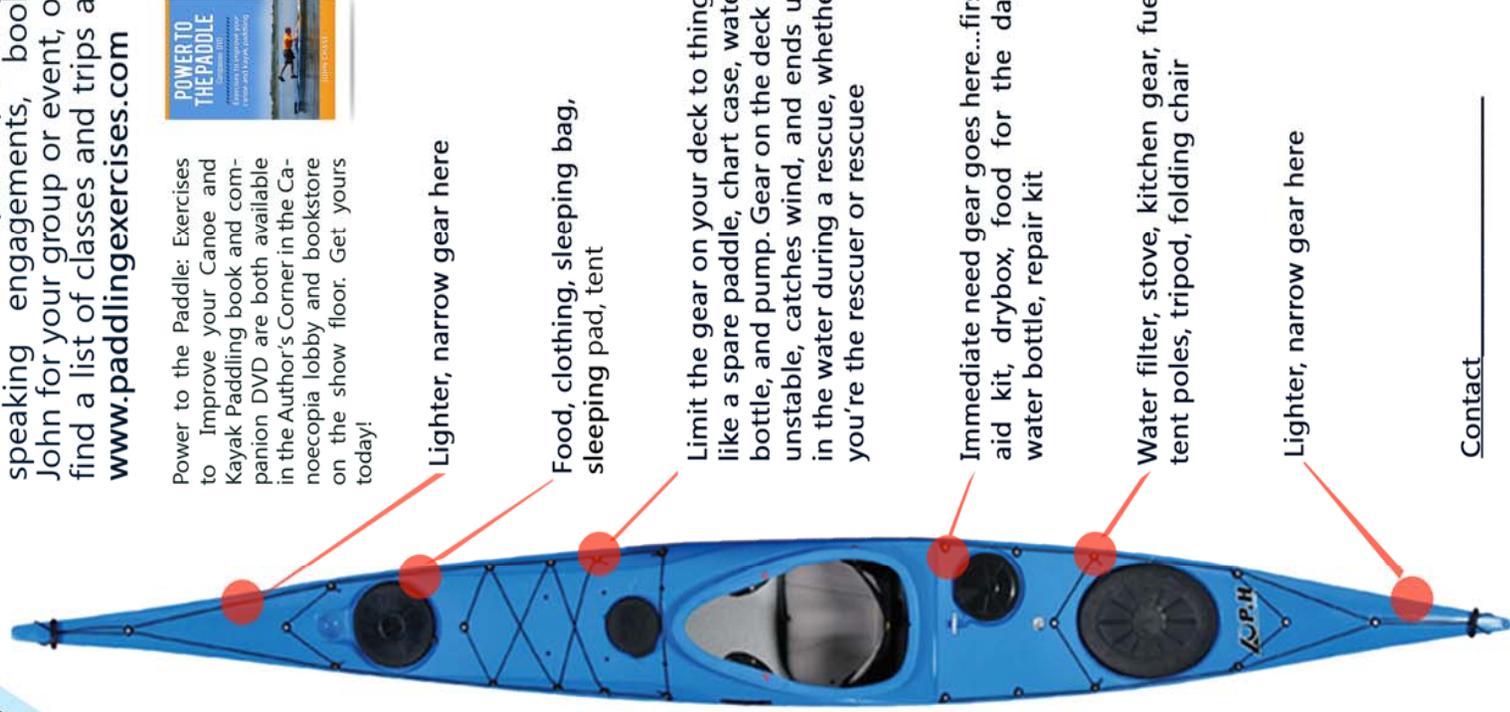


PaddlingExercises.com

Find fitness tips, upcoming speaking engagements, book John for your group or event, or find a list of classes and trips at www.paddlingexercises.com

- Use smaller nylon drybags – they pack easier and smaller so they fit together better in your boat
- Test pack and paddle your loaded boat before leaving for your trip
- Dehydrate your own food at home to save money, space, and weight – you're also more likely to eat things you made yourself
- Pack perishable produce below waterline and close to the hull to keep it as cool as possible
- Use color-coded drybags for different categories of gear (food, clothing, kitchen, etc.)
- Bring less clothing...look at your clothing pile, cut that by half, then do it again
- Don't skimp on safety gear – for everything else, ask "what is the risk of not bringing this?"
- Tuck a drybag in front of your foot pegs – make it just large enough to use the pegs to keep it from sliding forward on the move
- Bring lightweight carry bags to haul gear from the shore to camp – one bag for the bow and a second for the stern. Ikea bags are perfect!
- Use every inch of space by packing long, narrow items in the bow and stern. Tent poles, tripods, fishing poles, sleeping pads. You might need to tie a string to some items to get them back out
- Keep metal items away from your deck mounted compass to avoid magnetic interference
- Place lighter gear at the bow and stern and heavier gear close to the center

Your loaded boat should sit level in the water.



Power to the Paddle: Exercises to Improve your Canoe and Kayak Paddling book and companion DVD are both available in the Author's Corner in the Canoeopia lobby and bookstore on the show floor. Get yours today!



Lighter, narrow gear here

Food, clothing, sleeping bag, sleeping pad, tent

Limit the gear on your deck to things like a spare paddle, chart case, water bottle, and pump. Gear on the deck is unstable, catches wind, and ends up in the water during a rescue, whether you're the rescuer or rescuee

Immediate need gear goes here...first aid kit, drybox, food for the day, water bottle, repair kit

Water filter, stove, kitchen gear, fuel, tent poles, tripod, folding chair

Lighter, narrow gear here

Contact

john@paddlingexercises.com