

Lap Bags, Repair Kits & Deck Bags – Sea Kayak Guide Kit ideas

The below listed items are recommendations as to what a commercial guide might consider carrying in their “Lap Bag” and Repair Kit. This list is by no means exhaustive, nor are all the items essential. It is realistic to think that a guide makes their own decisions about what to carry and how to carry it.

NOTE to consider: When guiding in “typical commercial conditions”, i.e. where seas are typically not rough, it is appropriate to think a lap bag be a good choice – as removing spray skirt is relatively safe to do in these conditions**HOWEVER...**

When considering guiding in rough conditions (class 3-4 waters), i.e. in tide races or traveling in rough seas and around headlands, opening the spray skirt can compromise the guide. **THEREFORE**, I would urge for the consideration of a front deck back in these instances that contains a smaller amount of essential items that might be necessary in such rough water conditions (see recommended list at the bottom of this page).

Life is a compromise!!! Carrying enough supplies to get by, but not so much to way you down, is important! Choose wisely, and think it through... you are also allowed to change your mind!

<u>Expedition Sea Kayak Repair Kit</u>	<u>Lap Bag Essentials</u>
<ul style="list-style-type: none">- Bungee chord- Heavy duty plastic garbage bag (emerg. hatch cover)- WD-40 Pen- Sand paper- Rudder Cable (x2)- Cable Crimps- Nuts and bolts- Plastic epoxy putty stick- UV active Aqua Seal- Piece of neoprene- Sewing Needles**- Dental Floss/Sail Thread**- Gorilla Super Glue- Gorilla Tape- Electrical Tape**- Plumbers tape (repairs drom. leaks)**- Tent pole repair tube- Tear Aide (types A & B)- Multi-tool**- Small adjustable crescent wrench- Bailing wire- Zip Ties	<ul style="list-style-type: none">- Head lamp (and extra?) + Batteries- Compass- VHF Radio + Extra Batteries- Log Book & space pen (pencil)- Cell Phone (in waterproof case) + Extra Battery- PLB or EPERB- Sun Glasses & Chord- Sun Screen & Lip Balm- Power Bars- Toque (extra)- Sun Hat- Quarters (for pay phone calls)- 4 feet of accessory chord with knots ever foot (for rule of 12ths)- Mint Gum- Ouch Kit (bandaids, antiseptic & VET Wrap)- Thermometer- Wrist Tensor- Electrolyte replacement tablets (i.e. NUUN)
<p>** Things I keep in my Lap Bag for easy access and use</p> <p>Flares Kit – Stored on Deck in Welding Rod Case</p> <ul style="list-style-type: none">- 1 Class A (Parachute Flare)- 2 Class B (Twin Star Flares)- 2 Class C (Handheld Flares)	<p>Medications - should be well labeled – wrap clear tape around original bottle label to protect against water deterioration</p> <ul style="list-style-type: none">- Ginger candies- Ginger Gravol & Regular Gravol (Quick dissolve)- Bennadryl- Ibuprophen- Aspirin- Pepto Bismal- Tums/Rolaids

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<u>Rough water Essentials – Stored in Front Deck Bag</u>	<u>Other Good things to Have (in your day hatch)</u>
<ul style="list-style-type: none">- Heavy duty plastic garbage bag- Bungee Chord- Gorilla Tape- Electrical Tape- Alcohol wipes & dry cloth(for quick boat repair)- Compass- Flares (Class B, C & D) - Waterproofed- Power Bars (x2)- Ouch Kit- Gravol (Quick Dissolve)- Mint Gum- Stirrup/Long Sling- VHF Radio (on Life Jacket!!!)- Small float bag	<ul style="list-style-type: none">- Bothy bag (group shelter)- Hot Sweet Tea- Extra Warm Layers- Extra large wind breaker/cag- GPS ?- Extra Pogies/gloves