



# Alaska Sea Kayaking Symposium

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On the Internet: [www.aksks.org](http://www.aksks.org)

## Equipment List for Intermediate Tract

Please read carefully. Be prepared for cold, wet conditions!

### Lake Session #1:

3 layers for both upper & lower body: synthetic longies, a fleece or wool layer; and a wind jacket and wind pants.

Head; a warm hat, a sun hat, sunglasses and sunscreen

Hands: Pogies, or neoprene gloves, or polypro or wool gloves with rubber gloves

Feet: warm wool or synthetic socks and rubber boots, neoprene booties or tennis shoes.

Rain Gear: a good rain jacket with hood or rain hat is a must! Rain pants are nice.

### Lake Session #2 on Sunday:

Drysuit or wetsuit and neoprene hood or wool hat are required. Bring your own or borrow or rent one. Randy Knauff of Wilderness Adventures has some dry suits for rent and some for sale. \$20 for the weekend plus any damage or repair needed. His number is 346-8376 or better yet email him at <randykn@ak.net>.

### Pool Session #1:

Swimsuit or synthetic shorts and synthetic longies top and bottom

Towel and lock for locker

Optional: swim goggles or diving mask, nose plugs

### Pool Session #2:

A set of the same clothes you would wear paddling. This is a second set like for the lake session. You will be getting this set wet!

Towel and lock

### Land classes:

Comfortable clothes. Include warm clothing and rain gear as some classes are held outdoors.

### Food:

Hot food may be purchased in advance. Or bring your own lunch. Bring extra snacks!

Saturday night there will be dinner at the Atwood prior to the keynote speaker.

Hot and cold drinks will be available at the Atwood Center and the Tent at the Lake.

### Other useful items:

Water bottle

Notebook and pen

Money for snacks

Umbrella

Thermos with a hot drink

Camera

If you have any questions please contact Corey Aist (907) 275-PADL or email [coordinator@aksks.org](mailto:coordinator@aksks.org).