

## Camping

Tent, camp mats, etc  
Sleeping Bag  
etc, use your own list

## Cabins

Sleeping Bag  
etc

## While Kayaking

Cash or Credit Card – eg: for extra coffee on Kawau Island, or  
★in case you need to call the Water Taxi for non emergency assistance  
★to offer a contribution to Petrol if someone else is transporting you & your kayak

**Required** (unless you are renting a kayak – when this will be provided)

Kayak & Paddle

Spray-deck/spray-skirt & PFD – buoyancy aid is **mandatory**

### Optional:

First Aid kit, Paddle float, Spare paddle & Tow rope

VHF or cell phone

Water bottle / spare water

Snacks

Spare clothing

Sun hat, Sunglasses, Sunscreen

## All to bring - basic guidelines

BYO wine/beer

Clothing

Plates / Cutlery / drinking vessels

– not supplied unless in a cabin

Toiletries & Towel

Insect repellent

Kayaking clothing/footwear

Pre-dinner snacks

Kayaking snack food

Sun hat / Sunscreen – a must

Herbals, fruit juices - own fluids

Snorkelling gear

Humour, kayak stories & pictures  
on a USB stick (for evenings)

## Catering

Breakfast

We will provide & may need your help to co-ordinate, thank you

Lunch - catered

From Mon through to Thursday

Dinner - catered 7pm

From Sun evening through to Wed

Tea and instant Coffee supplied. Please provide your own snacks and any other drinks i.e. herbals, fruit juice, alcohol

## Notification Board

There will be a board with your name on it

**Before** leaving you **must** register yourself **off** the camp grounds

**Returning to camp:** register yourself safely back ashore & in camp ground

## Sea & Land Safety Precaution Requirement

## Daily Trip Notification

Each day an updated message will be left on cell phone **02x xxx xxxx**

The message will give information of Top Chosen Destinations for the day - principally for those few non-resident (not at Martins Bay) participants.

Please do not leave a voice message as the voice mail will not be cleared. However, you may leave a text

All texts will be cleared at the end of each day

## Helpful Information

Martins Bay Holiday Park  
Reuben's Water Taxi

[www.rodney.govt.nz/holidayparks/](http://www.rodney.govt.nz/holidayparks/) Martins Road. RD 2 Warkworth. 09 425 5655  
[www.watertaxinz.co.nz](http://www.watertaxinz.co.nz) 0800 11 616

VHF Call signs & VHF Channels      Each day when trips have been decided, a pod 'unleader' nominated – call signs for those using VHF will be advised on notice board

### Organisation – Initial Gathering

Get-Together at 2pm Sunday Feb 28<sup>th</sup> on the beach at Sullivan's Bay. Estimate 15 minutes.  
Assess who's paddling up & who's driving from Sullivan's Bay to Martins Bay.

### Organisation - Daily

Each evening we will meet to discuss the following day trip option/s. Best time will be when we are all together, over dinner.

Once information on weather & tide has been assessed, trips of interest can then be determined. You are spoilt for choices:

We envisage the day trips to be varied as there is a great selection of destinations from short to *extend yourself* paddling times.

We will then split up into groups – by destination, interest and ability. Each group can then establish an 'unleader' or group facilitator. Note that we cannot expect the unleaders to take responsibility for other pod members – you have responsibility for yourself – but they will act as a resource of wisdom and experience. If a destination has a large number of interested paddlers, we will split that group into manageable size pods.

From there a discussion on pod etiquette, safety issues to be addressed, paddle time expectations, ETD & ETA's agreed ... etc etc.

### Temperatures

You'll find our water temperatures warm (year-round, but especially in March), our winds strong and our sunshine ferocious. So dress for sun protection.

Water temps about 20. Air temps 14 to 26.

Will be unusual if you need polypro leggings (ie: for a cold wet & windy day in summer), but such days have been known to happen.

### Clothing Recommendations

Good sun-hat (preferably with chin strap or snug fit)

Sunglasses with retaining strap of choice

Long-sleeve top or shirt

Shorts      perhaps with long polypro bottoms and or wind pants available

Gloves (if you use them) for sun protection

Sunscreen, lip-stick, or whatever

### Non-Paddling Companion Activities

If there is anyone not paddling who requires information on 'what is available' for non-paddlers/ing, please email me ([redteam@coastbusters.org.nz](mailto:redteam@coastbusters.org.nz)) as I have created a ideas start list. I will be happy to forward it to you.