

Paddling Checklist



Mindset: Plan for the Expected and Unexpected.

When planning for a day on the water, research what you can expect from the water conditions, weather, and time of year/day you are paddling. Calling a local outfitter to learn more about water levels and flow can help. Knowing what to expect is far easier than anticipating the unexpected! Before you venture out, ask yourself, *“Will I have what I need to return home happy and healthy if the trip goes as planned or if things go a bit south?”*.

Below are few items you want to consider carrying with you to take care of whatever you might encounter on the water!

Paddling Gear

- ☐ Canoe, Kayak or Stand-up Paddle Board
- ☐ Appropriate Style and Size Paddle
- ☐ Appropriately Sized Life Jacket
- ☐ Dry Bag for Personal Items
- ☐ For Canoe and Sit-In Kayak:
 - Bilge Pump and Sponge
 - Spray Skirt (specific kayaks)
- ☐ For Stand-Up Paddle Board
 - Fin, Leash, and Repair Kit

Clothing/Footwear

Water Temp (greater than 60°F)

- ☐ Moisture-Wicking Clothing with UPF
- ☐ Sturdy Footwear
- ☐ Paddling Gloves (optional)
- ☐ Brimmed Hat
- ☐ Rain Jacket (weather dependent)

Clothing/Footwear

Water Temp (less than 60°F)

- ☐ Dry Suit or Neoprene Wetsuit
- ☐ Appropriate Base-Layers for the Weather
- ☐ Wool Socks
- ☐ Neoprene Footwear
- ☐ Paddling Gloves
- ☐ Wool/Synthetic/Neoprene Cap

Food & Water

- ☐ Water bottle or Reservoir
 - Moderate activity/moderate temperatures: 1/2L of water per hour.
 - High intensity/hot temperatures: 1L of water per hour.
- ☐ Snacks (energy food) and/or Meals

Emergency Items

- ☐ First-Aid Kit and Supplies
- ☐ Lighter/matches & Fire Starter
- ☐ Emergency Whistle
- ☐ Boat Strobe or Safety Lighting (kayaking away from shore)

Health & Hygiene

- ☐ Sunscreen & Lip Balm
- ☐ Polarized Sunglasses
- ☐ Bug Spray
- ☐ Wicking Towel
- ☐ Toilet Kit
 - Trowel, Resealable Bag, Wipes
 - Hand Sanitizer

Extras

- ☐ Paddling Knife (attaches to life jacket)
- ☐ Headlamp
- ☐ ID
- ☐ Cell Phone

Before You Go: Have a Plan

Write down your plan and provide it to a trusted person. Make sure to include exactly where you are going, when are leaving and when you are expected to return, number of paddling partners, description of boats, vehicle information, and any medical conditions. If you do not return when expected, then your trusted person can notify the appropriate emergency personnel.

*Remember Leave No Trace: PACK OUT what you PACK IN!