

KAYAKING CHECKLIST



Our comprehensive checklist helps prepare you for kayak day trips and overnight tours. Use this list so you don't forget anything important.

KAYAK GEAR

Recommended for Short, Recreational Outings:

- Kayak
- Bilge pump
- Signaling whistle
- Paddle (1 per paddler), plus spare
- Spray skirt (for cold weather/water)
- Headlamp / light with extra batteries
- Personal flotation device (1 per paddler)
- Dry bag for personal items
- _____

Additional Recommendations for Extended Trips / Overnights:

- Paddle float
- Weather radio (+ emergency channel list)
- GPS (loaded with map files)
- Paddling knife (attached to PFD)
- Dry bags (variety of sizes)
- Two-way radios (1 in lead, 1 in sweep boat)
- Towline
- Paddle leash (optional)
- _____
- Maps and charts in waterproof case
- Large sponge
- _____
- Compass (that floats)
- Float bags
- _____
- Watch
- Emergency flares or strobe
- _____

CLOTHING

Items below are in-boat wear; adjust according to air and water temperatures. Note: Dress for the water temp, not the air temp—a capsize (and hypothermia) can happen suddenly; avoid cotton, which will chill you; quick-drying clothing is a must.

For warm weather/water (>60°F):

- Swimwear or shorts or convertible pants
- Cap retainer leash (optional)
- Spray jacket or rain jacket and pants
- Rashguard or moisture-wicking top
- Bandana or buff
- _____
- Neoprene footwear
- Paddling gloves (optional)
- _____
- Sun-shielding hat
- Fleece jacket or vest
- _____

Additional clothing for cold weather/water (<60°F):

- Dry suit or top (very cold water), or
- Synthetic or wool socks (under booties)
- _____
- Wetsuit or top (cold water)
- Pogies (coverage for hands)
- _____
- Long underwear
- Wool/synthetic cap
- _____

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PERSONAL ITEMS

Recommended:

- Sunglasses with glasses retainer
- Sunscreen (SPF 30+ and water resistant)
- Lip balm (SPF 15+)
- Insect repellent (as needed)
- First-aid kit
- Water in bottles or reservoir
- Fire starter in waterproof container
- Emergency shelter or tent
- Snacks like energy food or lunch
- Cellphone in protective bag/case
- Credit card; small amount of cash
- Permits and licenses (if required)
- Trip itinerary left with friend, in boat + in car
- _____
- _____

Additions for Extended Trips:

- Toilet paper or sanitary wipes
- Sanitation trowel
- Hand sanitizer or biodegradable soap
- Ziplock waste bag
- Menstrual and urinary products
- Water treatment (and backup)
- Powdered energy drinks (optional)
- Camera (optional)
- Binoculars (optional)
- Guidebook (optional)
- Notebook and pen or pencil (optional)
- Fishing gear (optional)
- _____
- _____
- _____

REPAIR KIT SUPPLIES

- Multi-tool
- Sealant (such as Aquaseal)
- Static deck line
- Bungee cords
- Replacement rudder parts
- Bailing wire (copper, small roll)
- Repair/duct tape
- _____
- _____