



Stand Up Paddle Boarding (SUP) Checklist

Heading out on the water? For a day of recreational paddling on calm water or a guided tour, you really need very little essential gear. That said, this checklist will help you plan the clothing and other items that can make your experience more comfortable and fun.



Paddling Gear

Essential Gear:

- ☐ Stand up paddle board (SUP)
- ☐ SUP paddle
- ☐ Personal flotation device (PFD)
- ☐ Pump (for inflatable SUP)
- ☐ Fin(s) for SUP
- ☐ SUP leash
- ☐ Rescue whistle
- ☐ Headlamp or flashlight

Optional:

- ☐ Towline
- ☐ Deck bag and/or dry bags
- ☐ Camera mount

- ☐ GPS
- ☐ Two-way radios
- ☐ Weather/VHF radio
- ☐ Guidebook
- ☐ Maps and charts in waterproof case
- ☐ Compass (that floats)
- ☐ Knife
- ☐ Fishing gear
- ☐ SUP carry strap
- ☐ SUP transport cart
- ☐ _____
- ☐ _____



Clothing/Footwear

For warm weather and warm water (>70°F), choose clothing that dries quickly:

- ☐ Rashguard or other sun-protective shirt
- ☐ Board shorts or swimsuit
- ☐ Water shoes, neoprene booties or sandals
- ☐ Sun-shielding hat
- ☐ Hat retainer leash
- ☐ _____
- ☐ _____

For cold weather and/or cold water (<60°F), choose clothing that insulates:

- ☐ Neoprene top and shorts, or wetsuit
- ☐ Paddling gloves
- ☐ Wool/synthetic cap
- ☐ Wool/synthetic socks
- ☐ _____
- ☐ _____
- ☐ _____



Personal Items

- ☐ Sunscreen (water-resistant SPF 30+)
- ☐ Lip balm (SPF 15+)
- ☐ Sunglasses and leash
- ☐ Water bottle or hydration reservoir (filled)
- ☐ Snacks or lunch
- ☐ Credit card; small amount of cash
- ☐ Cellphone in protective bag/case
- ☐ Small first-aid kit
- ☐ Insect repellent (as needed)
- ☐ Camera with waterproof case
- ☐ Towel
- ☐ _____
- ☐ _____
- ☐ _____