

DAY PADDLE EQUIPMENT LIST

The following is meant to be an inclusive equipment list for day paddles on the open coast. Seldom will all of these items be taken and hopefully some will never be used. Adjustments should be made depending upon the actual trip being taken. For example, there is little if any need for a helmet if the trip will not involve surfing or playing among rocks. Likewise, a morning or afternoon paddle of short duration in a protected bay may not require the same amount of equipment as a daylong visit to an island well offshore. Nevertheless, there is merit in having a standard kit which is taken on almost all paddles, so you know you are adequately prepared. Also, consider potential difference in outcome caused by not having a given bit of kit as opposed to having it when an incident occurs. Finally, having safety equipment does not make you safe; it can only help to mitigate, if you have the skills to use it, the negative consequences of an incident caused by bad luck or bad judgment.

Equipment List

- Kayak
 - Periodically check condition of hull, deck, deck lines and bungies
 - Check status of skeg/rudder prior to and immediately after launch
 - When engaging in more “adventurous” paddling, consider using flotation bags
 - Consider adding name and contact information in the cockpit and one hatch
- Paddle
 - Having a spare is always good as paddles do break and can be lost during an incident
 - Consider paddle leash
- Spraydeck / Spray skirt suitable for anticipated conditions
- PFD
 - At a minimum attached to a PFD should be a whistle, basic daytime signaling device such as a mirror, and a knife or scissors
- Pump, sponge, and paddle float
- Helmet
- Basic repair kit
- Basic first aid kit
- Tow rope
 - Consider a “painter” or rope for tying up kayak during stops.
- Headlamp
- Flares including one smoke flare
- Chart with readily usable scale and deviation information for on water navigation
 - Consider annotating with tidal information for day of paddle
- Card compass and deck compass.

- Consider having card compass attached to PFD
- VHF radio
 - Consider tethering to PFD
- GPS
 - Consider adding important way-points for paddle
- Fog horn or loud whistle
- Exposure kit
 - Extra clothing for warmth
 - Vacuum with hot water/clear tea
 - Emergency shelter to provide protection from wind and rain
 - High energy food
- Cag for foul weather
- Ditch bag containing a few essentials to cope with unintended overnight
- Leave no trace bag for handling human waste and trash
- Water
 - Adequate for duration of paddle and readily available while paddling
 - Consider using a water bladder with drinking tube on PFD
- Food/drink
 - Lunch if needed
 - Energy food readily available to snack on while paddling
 - Consider having a half day's supply in PFD pocket
 - Consider having a bag of extra food in "ditch bag"
- Paddling clothes
 - Type is dependent upon skill, water temperature and environment
 - Prudent to use a wetsuit for open coastal trips even in summer
 - A paddle jacket should be available for changes in weather
 - Consider always carrying neoprene gloves and hood
 - Paddle shoes with stout/ high friction soles for walking/landing on rocky and/or slick shores
 - Hat/cap
 - Sunglasses
 - Sunscreen/lip balm
 - Insect repellent
- Waterproof container with wallet containing insurance cards, identification, relevant medical information, credit card and cash
- Camera
- Binoculars
- Shore clothes and shoes
 - If going hiking or other activities ashore during paddle, consider a set of clothes to change into or put over paddle clothes

- Shore activity gear
 - Consider a day pack or whatever might be useful/fun for shore activities during the paddle