

## Paddling Checklist

### Basics

- Kayak and paddle
- Life jacket aka Personal Flotation Device
- Whistle attached to Life Jacket
- Two ropes, one for the front of the kayak and one for the back
- Waterproof dry storage bags packed with extra dry clothes
- Rain / Wind jacket and pants
- Large sponge for removing water from bottom of kayak
- Hat
- Sunglasses with strap
- Sunblock and sunblock lip balm
- Water
- Food: lunch and snacks in water proof bag or dry bag
- Water Shoes /raft sandals
- First Aid kit

### Miscellaneous / Optional Items

- Maps in waterproof bag
- Insect repellent
- Trash bag
- Extra socks and dry shoes to wear on the way home
- Bilge pump
- Throw bag
- Marine duct tape
- Knife or multipurpose tool like a Leatherman