

KAYAK CHECKLIST

Wear synthetic fabrics (e.g., polypropylene, polar fleece) that will keep you warm while “wicking” moisture away from your body and will dry relatively quickly. Dress in layers so that you can adjust for varying conditions. Keep a shell or wind-breaker, and your rain gear handy.

Clothing

Headgear: warm hat & sun hat

Rain gear with hood: heavy-duty rubberized or vinyl gear is more effective on the water than breathable fabrics (e.g., Gore-tex)

Shorts: quick dry

Pants: wool or fleece

Jacket: fleece

Sweater: light wool

Shirt / T-shirt

Long underwear: polypropylene or other synthetic

Gloves: Paddling gloves, pogies or rubber gloves: wear over fleece gloves

Footwear: camp shoes and paddling shoes (wetsuit booties, sport sandals with neoprene socks, quick dry runners)

Swimsuit

Safety Gear

Personal Floatation Device (PFD)

VHF Radio: see *Sea Kayaking* pamphlet

Emergency Position Indicating Radio Beacon (EPIRB)

Distress flares: Twin Star, Parachute or handheld carried by one member of group. Each member of group min. 3 pocket flares.

Self rescue aids

Headlamp

Flashlight

Boat Gear

Paddle

Spare paddle: carried on deck

Spray skirt

Bailer or pump

Sponge

Flotation bags or bulkheads

Sound signalling device

Strobe light

Min. 15 metres buoyant float rope

Throw bag

Hatch covers / lids

Navigation

Marine charts & waterproof case

Tide tables

Watch

Compass

Dividers

Binoculars

Pencils

Waterproof notebook / logbook

Navigation lights

Global Positioning System (GPS)

Accessible Personal Gear

Day pack

Water bottle

Sunscreen

Sunglasses with buoyant band

Towel

Energy bars

Toilet paper

Toiletries / Medications

Stowed Personal Gear

Wallet / Cash

Contact phone numbers

Float plan copy

Fresh water storage containers

Repair Kit

Duct tape

Fiberglass resin and cloth

Sandpaper

Multihead screwdriver

Spare batteries and bulbs

Adjustable wrench

Stainless steel nuts & bolts for rudder

Stainless steel cable for rudder

Scissors

Silicon sealant (shoe goo)

Heavy duty needle and thread

Rip stop nylon repair kit

Stove repair kit

Survival Kit *

Mirror

Smoke Cannister

Waterproof matches & fire starter

Electrolyte replacement

High energy food

Bouillon cubes

Fishing line

Hooks

Stainless steel wire

Can for cooking

Pencil and paper

Small flashlight

First aid kit

Knife

Reflective “space” blanket

Candle

*Attach kit to a line with a clip to connect to PFD

First Aid Kit

Adhesive Tape

Pain reliever

Antacid

Antihistamine

Antibacterial soap

Bandages: strips, butterfly, and steri-strips

Burn dressing

Cotton tip applicators

Disinfecting ointment

Drainage dressing

Gauze pads: sterile

Moleskin / blister kit

Motion sickness remedy

Needle

Pressure dressing

Razor blade: single edge

Roller gauze

Safety pins

Scissors

Telfa pads

Tensor bandage

Thermometer

Triangular bandage

Tweezers

Splints

Shore Gear

Tarp

Tent

Stove: white gas

Cooking pot

Sleeping bag

Bug repellent

Stuff sacks

Camp saw

15 metres rope / system for hanging food

Items in **bold** are minimum safety equipment as described in the *Small Vessel Regulations*.