

## Day Trip Kayak/Canoe Check List©

### TOILETRIES

- Sunscreen
- Toilet paper
- Trowel or Ziplock bag(s)

### FOOD & WATER

- Water bottle or hydration system
- Water (at least 2 qts. per person)
- Snacks (almonds, peanut butter, power bar)
- Lunch (protein & carbs)
- Small trash bag (leave no trace!)

### EMERGENCY GEAR

- \*Coastguard approved personal flotation devices (PFD)
- \*Whistle (required by coastguard)
- Medications
- \*First aid kit
- \*Identification
- Map
- Compass
- Rescue rope
- Extra paddle
- Space blanket
- Paddle Float
- Dry bag with extra change of clothes
- Money

### MISCELLANEOUS

- Daypack or fanny pack
- Camera (film, batteries/charged)
- Pocket knife w/ locking blade or Gerber multipurpose
- Hiking stick
- Binoculars
- Body insect repellent
- Pencil & paper
- Boat seat backs
- Lg sponge (to clean out canoe)
- Hiking hammock
- Flashlight w/extra batteries
- Nose Clips
- Thermo-rest or folding chair
- Fishing gear
- Bailer or hand pump

### CLOTHING (weather dependent)

- River sandals/shoes
- Rain gear or poncho
- Tee shirts (synthetic is best)
- Sun hat or wide brim hat
- Wool/fleece layer
- Hooded jacket/wind breaker
- Long sleeve shirt
- Flashlight w/extra batteries
- Shorts
- Gloves
- Bathing suit
- Long pants
- Bandannas
- Sunglasses
- Towel
- Change of clothes for return
- Kayak skirt
- Water Shoes and dry land shoes

\* REQUIRED ON ALL WILDERNESS TREKKER EVENTS

\* Out of consideration to others out to enjoy the wilderness, please keep clothing and equipment in *low impact colors*.

\* **EVERYTHING** that won't float should be secured to your boat before getting on river. Everything that cannot get wet needs to be containerized in dry bags or 5 gal. plastic buckets

updated – 11/9/2008