



## Paddling Gear Checklist

### Essentials:

Personal Flotation Device (PFD)  
Paddle  
Back-up Paddle  
Spray Skirt (K)  
Backrest (C)  
Bilge Pump  
Bilge Sponge  
Sunscreen

### Accessories:

First-Aid Kit  
Whistle  
Knife (PFD Mounted)  
Throw Rope  
Paddle Float (K)  
Strobe Light  
Painter Lines (C)  
Additional Floatations  
Helmet  
Nose Clips

### Additional Essentials:

Compass or GPS  
Map or Guidebook  
Waterproof Map Case  
Dry Bags  
Dry Box  
Repair Kit

Paddle Leash  
Pack Towel  
Headlamp  
Cockpit Cover (K)  
Hydration System

### Apparel:

Spray Jacket  
Spray Pants  
Rashguard  
Fleece Jacket or Pullover Fleece  
Neoprene Shirt  
Neoprene Shorts  
Paddling Shorts  
Wicking T-Shirt  
Paddling Gloves or Pogies  
Water Sandals or  
Water Shoes  
Sun Hat

### Transportation:

Yakima Roof Rack System or  
Foam Kayak Blocks  
Tie-Down Straps  
Bow/Stern Line

### Ways to stay safe on the water:

- Always wear a personal flotation device (PFD).
  - Eat regularly and keep well-hydrated.
  - Avoid wearing cotton.
  - If you're paddling in the winter, wear the proper attire such as drysuits or wetsuits.
- Remember: Even if you don't capsize, you may need to get in the water to help someone else in trouble.
- Always make sure your boat has a sufficient amount of flotation in case of capsize.
  - Whitewater paddlers or anyone paddling in rough waters should wear a helmet
- Seek out good instruction prior to your trip with classes with [alpineshop.com](http://alpineshop.com) or an area organization like Missouri Whitewater Association ([missouriwhitewater.org](http://missouriwhitewater.org))