



# PADDLING TRIP CHECKLIST



## GEAR

- Canoe/Kayak/Paddleboard
- Personal Floatation Device (PFD)
- Large Dry Bag(s)
- Small Drybags
- Paddle
- Extra Paddle
- Tent
- Sleeping Bag: Rated at least 10° F lower than lowest expected temp.
- Sleeping Pad: ~3 R-Value
- Camp Seat/Chair
- Tarp Shelter
- Pillow
- Bear Spray (*As Needed*)
- Stuff Sacks/Compression Bags

## FOOD and WATER

- Water Bottle/Reservoir
- Water Filter/Purifier
- Meals: Breakfast/Lunch/Dinner
- Snacks: Bars, Trail Mix, Energy Chews, Hydration Mix
- Extra Meal

## CAMP KITCHEN

- Stove
- Fuel
- Cook Set
- Eating Utensil
- Bowl/Plate
- Mug/Cup
- Bear Canister/ Hanging Kit (Check Regulations)
- Collapsible Water Container
- Quick Dry Towel

## PERSONAL CARE

- First Aid Kit
- Toilet Kit
  - Trowel
  - Toilet Paper
  - Hand Sanitizer
  - Baby Wipes
  - Menstrual Products
  - Hand Sanitizer
  - Sealable Bag
- Prescription Medications
- Toothbrush and Toothpaste
- Sunscreen
- Lip Balm
- Insect Repellent
- Biodegradable Soap



## CLOTHING

- Baselayer:** Merino Wool or Synthetic
- T-Shirt:** Merino Wool or Synthetic
- Synthetic Hiking Pants**
- Synthetic Shorts**
- Socks:** Merino Wool (*at least 2 pair to rotate*)
- Paddling Footwear**
- Sun Hat**
- Neck Gaiter**
- Long Sleeve Sun Shirt**
- Sunglasses**
- Rain Suit**
- Insulated Jacket:** Down or Synthetic
- Gloves**
- Warm Hat**
- Camp Shoes**
- Bug Head Net**
- Sandals**
- Swimsuit**
- Drysuit**
- Large Quickdry Towel**
- Extra Clothes to Leave in Car**

*\*Clothing should be adjusted based on season and weather conditions. ALWAYS AVOID COTTON!*

*Conditions, river levels, and more should be considered when planning a trip. Proper instruction and education are a must. Items need to be added, removed, and adjusted based on many factors. Make sure you know your own abilities Outdoor recreation is inherently dangerous and this list is not comprehensive. Your best judgement should be used.*

## EQUIPMENT

- Map and Compass**
- Headlamp** (*w/ Extra Batteries*)
- GPS**
- Satellite Messenger/PLB**
- Battery Charger**
- Knife/Multi Tool**
- Lighter/Matches**
- Emergency Blanket/Shelter**
- Whistle**
- Throw Bag**
- Bilge Pump/ Bailer and Sponges**
- Repair Kit for Gear and Boat**
- Notebook and Pencil**
- Binoculars**
- Field Guide**
- Camera**
- Watch**
- Weather/VHF Radio**
- Helmet (as needed)**
- Cell Phone**
- Credit Card/Cash and Photo ID**
- Permits (As Needed)**
- Float Plan (Leave Someone)**

 **Indicates item is part of the 10 Essentials**

**Indicates Required Item**

**Indicates Suggested Item**