

Day Paddle Equipment Trip List

Clothing

- Feet
 - Shoes/Sandals for Boating (make sure they will stay on if you fall into the water)
 - Rubber Boots or Boots for Standing in the Water
- Lower Body (dress for the weather)
 - Polypropylene Pants (if cold weather; running tights; long underwear)
 - Fleece Pants (if cold weather)
 - Light Pair of Nylon Pants (zip-off pants so can have a pair of shorts as well)
 - Shorts
 - Rain Pants (an outer-shell to protect you from the wind/rain/etc; consider having pants with lower leg zippers so the pants can be put on and taken off over your boot)
 - Underwear
- Upper Body (dress for the weather)
 - Polypropylene Long Sleeve Top (long underwear; wicking layer)
 - Polypropylene/Nylon Short Sleeve Top (wicking effect)
 - Fleece Jacket or Wool Sweater
 - Rain Jacket
 - Down/Synthetic Jacket (for cold-weather)
 - Women: Sports Bras
 - Gloves (wool or fleece; make sure they are warm enough for the temperatures that you will be encountering)
 - Hat with a Brim or a Stocking Cap (depending on weather)
 - Sunglasses (include keeper strap)
- Other
 - Bandanas
 - Swimming Suit

Gear

- Canoe/Kayak
- Paddles (include an extra one)
- Personal Floatation Devices (include an extra one)
- Bailer
- Safety/Throw Lines
 - Painters (25 feet; tied onto the stern and bow of boat)
 - Emergency Rope (50-65 feet)
- Spray Skirt or Cover
- Dry Bags for Gear
- Daypack (optional; may be helpful if taking side day hikes from camp)
- Emergency Blanket or Shelter
- Headlamp/Flashlight (with an extra bulb and extra batteries)
- Food (enough food for your expected paddle time and then some extra)
- Water (enough for your paddle time; may want to bring Water Filter/Purifier and/or Water-Purification Tablets as a back up)

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Personal Gear

- Lip Balm or Chap Stick (with SPF)
- Pack Towel (quick drying towel)
- Sunscreen
- Insect Repellent
- Hand Sanitizer
- Toilet Paper
- Trowel
- Women: Feminine Hygiene Products
- Personal Medications

Essential Items

- First Aid Kit
 - Band-Aids
 - Mole Skin or Second Skin
 - Medical Tape
 - Ibuprofen/Tylenol/Aspirin
 - Gloves
 - First Aid Book
 - Scissors
 - Duct Tape
 - Tweezers
 - Safety Pins
- Signaling Device (mirror, flare, whistle)
- Map (in a waterproof bag)
- Compass or GPS
- Whistle
- Photo ID
- Insurance Information (can be a copy of your insurance card)
- Emergency Money (include coins for pay phone)
- Pocket Knife
- Matches (in a waterproof container) and Fire Starter
- Watch or Alarm Clock
- Fishing Gear and License (if applicable)
- Leave at least one copy of your trip itinerary with someone not going on the trip so they know where you are going and when you are expected to be back

Miscellaneous/Optional Items

- Binoculars
- Field Guides
- Weather Radio
- Altimeter
- Repair Kit
 - Boat Repair Kit, Dry Bag Sealer, Duct Tape, Sewing Thread and Needle, Extra Pack Buckles
- Nylon Rope (50 feet)
- Camera (include batteries and film)
- Contact Solution