

ALICE'S AWESOME ADVENTURES
Suggested Sea Kayaking Equipment List for Day Trips

ESSENTIAL	RECOMMENDED	OPTIONAL but helpful
Copy of filed float plan	Tide Chart/ Current Chart	Paddle Leash
Sea Kayak	Sponge	Spare Eyeglasses
Paddle	Emergency changes of clothing	Golf umbrella w fiberglass arms for sailing
Spare Paddle	Fog Horn	Sleeping Bag
Spray Skirt	Stirrup/Rescue Sling 12'-14'	Extra Line
Proper Fitting PFD (life jacket)	Paddling Jacket and pants	Stove, Matches, Fuel, & Pot
Boat Compass & spare handheld	Head lamp, spare bulb, spare batteries	Binoculars
Chart (s) big and small	Pile or Fleece shirt & pants	Camera and Film
Paddle Float	Wool or fleece hat & socks	Insect Repellent (not aerosol)
Bilge Pump	Gloves	Bicycle Flag for visibility
Tow Line	Sun Hat and strap	Weather Radio
Whistle	Sunglasses and strap	Throw Bag
3 Unexpired flares/ flare gun	Water footwear	Anchor
VHF radio and extra batteries	Waterproof sunscreen at least SPF 30 & lip balm	Tarp and Lines
First Aid Kit	Unbreakable thermos with hot water & tea bags or soup	Rain Gear
Food plus Emergency Food	Emergency Knife	Field Guides
Water plus 2 extra qts / person	Emergency Strobe light	Additional first aid supplies
Equipment Repair kit	Extra Batteries	Dry Footwear
Duct Tape	Extra Waterproof Bags	Journal Book, Pens/Pencils
Human Waste Disposal System	Wet Suit or Dry Suit	Signal Mirror or CD
Extra Car Keys	Emergency Space Blanket	Phone Calling card
Today's weather report	Money/Credit cards	Hydration system
Flashlight plus extra batteries	Huge Garbage bag(s) for emergency shelter	Water purification system
ID and licenses (or copies)	Waterproof watch	Beach towel or quick dry towel
Space blanket for shelter	Cell phone in waterproof case	Cart to move boat on land

While there is not a complete list that will apply to every trip and outing, this is an attempt to make sure that everyone will be prepared for most eventualities. It is often better to be over prepared, than under. Having a few dry bags prepacked with some of the items that you would bring every time is easier. If not using clear dry bags, color-coding is helpful (clothes in blue, safety in yellow, food in green, etc.). Remember, if you use first aid supplies, emergency equipment or food; *replace as soon as you get back!* Do not depend on your memory for replacement at a later date. Repair all equipment when you return. Please do NOT wear cotton while paddling in Northern climes, as it won't dry when wet. You are always your own safety kit, do not depend on others for equipment except in exceptional conditions.