

# Paddling Checklist

## What to do prior to launch:

- File a float plan (leave with responsible person)
- Place copy of float plan in car in visible location
- Check daily weather forecast
- Check tidal conditions, current & water levels
- Have a vehicle waiting, with dry clothes, at take-out point
- Apply sunscreen & insect repellent
- Secure extra paddle to boat
- Secure keys, cell phone & ID to boat in a waterproof bag
- Wear appropriate clothing for weather & water conditions

## Essentials to bring along:

- Personal Floatation Device (PFD) with whistle  
(1 PFD per person / the law requires that each PFD have an attached whistle)
- Map, compass or GPS
- Spare paddle (1 per boat)
- Bilge pump and/or sponge
- Waterproof bags
- VHF radio if on open waters
- Weather radio
- Signaling device: flashlight, mirror, air horn
- Sunglasses & wide brim hat
- Long-sleeved shirt for extra protection
- Sunscreen & lip balm with SPF (apply often)
- Insect repellent
- First aid kit
- Extra set clothing & shoes in waterproof bag
- Towel
- Food - if allowed on waterway
- Drinking water (1/2 gallon per person per day)
- Binoculars
- Camera
- Pocketknife or multi-purpose tool
- Rope
- Duct tape or repair kit

