

Gear Checklist for Sea Kayaking
Basic List for Day Trips

Boat & Gear

- kayak w/ bulkheads or flotation bags
- paddle
- spare paddle
- PFD
- whistle
- pump (with float)
- spray skirt
- flares
- tow rope
- paddle float
- headlamp or waterproof flashlight
- waterproof strobe
- rescue sling
- VHF radio
- extra battery
- first aid kit
- wetsuit
- pogies
- chart
- chart case
- compass
- tide tables
- weather radio
- binoculars
- rescue knife (on PFD)
- waterproof watch
- dry bags
- repair kit

Clothing for Paddling

- windbreaker
- windpants
- wool, fleece, or neoprene socks
- synthetic long underwear
- synthetic (quick-drying) shorts or bathing suit
- fleece jacket or wool sweater
- hat(s) to provide protection from rain, wind, cold
- sandals, watershoes, or old sneakers that can get wet
- fingerless gloves

Personal Items:

- sunglasses
- sunhat
- sunscreen
- water bottles
- snacks
- lunch
- strap for glasses (if needed)
- allergy medicine (if needed)
- medications (if needed)
- waterproof(ed) camera (optional)

- other: _____
- other: _____
- other: _____
- other: _____
- other: _____
- other: _____