

Paddling Equipment List

(Recommended by the Maine Association of Sea Kayak Guides & Instructors)

Paddling Related Equipment

- Kayak with adequate flotation
- Spray skirt
- Personal flotation device (life jacket)
- Two paddles (one for personal use plus one spare)

Clothing and Accessories

- Proper attire for the conditions
- Spare warm clothing in a large or extra-large size stored in a waterproof container
- Protection against the sun including sunscreen, lip protection, and sunglasses as needed

Nourishment

- Plenty of water
- Snacks

Communication Equipment

- Sound device - whistle and/or fog horn
- Signaling devices which may include flares, a mirror, a flag, a strobe light
- Optional: VHF marine radio able to receive weather reports and a UHF radio or cell phone

Navigation Equipment

- United States Coast Guard Approved chart(s) in a waterproof chart case
- Tide chart or tide information
- Two compasses (A deck-mount compass and a spare card compass)

Emergency Equipment

- Emergency phone numbers
- First aid kit in a waterproof container
- Optional: Kayak repair kit containing supplies as required (Kit may include duct tape, a screwdriver, locking pliers, cables, fasteners, waterproof matches, plastic to melt, a lighter, spare nuts and bolts, spare batteries, etc.)
- Optional: Knife, which is readily accessible
- Paddle float
- Portable bilge pump or bailer and possibly a sponge
- Optional: Radar reflector
- Optional: Space blanket or hypothermia bag
- Safety stirrup, rescue sling, or loop
- Optional: Thermos with hot drink or a means of making a hot drink when seen as necessary
- Tow belt or tow line

Miscellaneous

- Waste management system when necessary
- Watch
- Waterproof flashlight
- Waterproof matches
- Writing supplies such as paper, a notebook, pen, pencil, grease pencil

Note: This list is subject to change.