



Essential Equipment for Kayaking

Bring what you need for where you're going!

Don't leave home without it!

By Castine Kayak Adventures

www.castinekayak.com

The Bare Minimum

(Paddling on calm inland waters)

- Lifejacket **ON** (with whistle)
- boat
- paddle
- pump
- paddle float

important additions

- snack
- drink

Other Considerations

Sun protection

- Sun block
- lip protection
- hat with brim
- sun glasses
- clothing to block sun

Proper clothing

(Dress for the **Water Temperature!**)

- synthetic fabrics (polyester, nylon, lycra, wool, polypro)
- paddling jacket
- synthetic material gloves and socks
- wet suit
- dry suit

Take Note:

- ⇒ **In cold water
Cotton Kills!**
- ⇒ **Cotton can cause
hypothermia even on
very warm days !!!!**

The Essentials for Ocean Paddling or any distance

from land:

- Lifejacket **ON** (with whistle)
- spray skirt
- boat
- paddle
- pump
- paddle float

Food

- snack
- drink

Safety gear

- spare paddle
- stirrup/loop
- line or tow system
- marine band radio/cell phone
- first aid kit
- spare clothing

Signalling devices

visual

- flares
- strobe light
- flashlight
- mirror

auditory

- whistles
- fog horn
- marine band radio

Navigation

- area chart
- handheld compass
- watch
- tide charts

Additional Items for Guides

- Guide License
- Emergency Contact #s
- Knife (accessible)
- Waste Management System**