

Canoe / Kayaking Kit Packing List



The check off tables below list items that needs to be considered prior to any paddling adventure. Safety is paramount and whether you are paddling as a group or as an individual, day paddle or overnight paddle, there are some items that need to be carried to ensure that you are prepared to deal with any situation.

Having fully investigated the local weather and tides prior to your paddle, it is always better to assume that you may get caught out by an unexpected change. By packing a 'minimum recommended kit' for all paddlers*, any unplanned time extension or perhaps an overnight stay would be manageable. Remember, this is a "suggested" list of things to take – it's by no means exhaustive and is intended to be added to and adapted to your own needs.

Two tables are included; table one should be used as a guide for paddlers and leaders on day trips, where as table two is a sea kayak expedition packing list.

Table One, Day Trips

All paddlers*	Intermediate paddlers	Leaders / advanced paddlers kit
Kayak with air bags if no internal buoyancy available	Towline	Group first aid kit
Paddle	Whistle	Survival bag
Spray deck	Throw line	Mobile phone in waterproof case
Helmet	Rescue knife	Split paddles
Buoyancy aid		Spare food/drinks/cloths
Waterproof paddling top		Map of area and compass
Wetsuit/dry suit/dry trousers		Guide book
Warm long sleeve top (not cotton)		Towline
Warm trousers (if wearing dry kit)		VHF Radio
Water shoes without laces (trap hazard)		Spare VHF Radio Battery
Food/drink/emergency rations (in waterproof container)		
Small personal first aid kit		

Table Two, Expedition List

Paddling kit	Safety gear	Personal kit	'Kitchen' drybag
Boat	Map and map case	Wallet	Stove
Paddle	Compass	Mobile phone	Fuel
Appropriate footwear	Vhf radio	Headtorch/spare batteries	Matches/lighter
Dry trousers	Paddle float	Sun cream	Pans
Cag	Towline	Sunglasses	Tin opener/knife
Hat / sun hat	First aid kit	Lipsalve	Cutlery
Pogies / gloves	Repair kit	Vaseline	Plate(s) & mug
Spray deck	Split paddles		Baby wipes
Waterproof phone and key case	Hand pump		Biodegradable soap
Buoyancy aid with: hydration system, flare and nightstick in dry bag, whistle, compass, energy bars	Emergency dry bag: para flare, pinpoint flare, handsmoke, waterproof epoxy, emergency bivvy bag, spare vhf battery		Tea bags/cup-a-soup/coffee Rubbish bags- carry out/Leave No Trace
Cloths drybag	'Bathroom' drybag	Camping gear	Food
Paddling trousers	Washbag	Tent	Breakfast – x days +1
Paddling 't' shirt	Loo roll in plastic zip lock bag	Sleeping bag and liner	Lunch – x days +1
Paddling long sleeved top	Disposal bags	Thermarest & pillow	Dinner – x days +1
Campsite trousers	Travel towel	Gore-Tex bivvy bag	Beer/wine
Campsite 't' shirt	Baby wipes	Shortwave radio	Snacks (dried fruit, muesli bars)
Underwear			Detergent
Fleece			Dish Cloth
Warm hat			
Nightwear			
'Warm' drybag	Miscellaneous 1	Miscellaneous 2	Miscellaneous 3
Spare fleece	Water carrier		
Spare hat	Down jacket in drybag		
Gloves	Waterproof jacket & trousers		
Warm socks	Trainers/walking boots/sandals		
Balaclava			

Survival Aide Memoiré

Be Prepared

- Dress for the worst weather conditions to be expected
- Carry a dependable means of lighting a fire
- Carry a sharp and sturdy knife that is always sharp
- Carry a small first aid kit
- Carry a minimum of 1 litre of water

Survival Objectives

- To make yourself comfortable enough to be able to sleep 8 hours out of the day by dressing correctly and by using both a warming fire and suitable shelter.
- To obtain enough clean water to meet your body's needs.
- To prepare for, then await rescue by aiding rescuers with well thought out signals.

Basic Formula for Survival

Inform someone (two separate people would be better) responsible about your plans and the action they should take if you are overdue. Don't forget to tell them when you are back. Leave the following written information for them;

- Time & date of departure
- Where you are going - grid reference or route
- What digressions you may take
- Expected return date & time
- Who you are going with
- Your means of transportation
- Cell telephone number or other contact details i.e. radio frequency.