

# Whitewater Kayaking Equipment List

[PaddleSafely.com](http://PaddleSafely.com)

## Paddling/Safety Gear

- Kayak
- Flotation bags
- Paddle
- 4-piece spare paddle
- Life Jacket (PFD)
- Whistle
- Sprayskirt
- Helmet
- Throw Bag
- Rescue Knife
- Short tow/cowtail
- Pin Kit
  - Carabiners
  - 2 pulleys
  - 2 prussik loops
  - 2" flat webbing
- Sponge
- First aid kit
- Repair kit/duct tape
- Cockpit cover
- \_\_\_\_\_

## Personal Gear

- Nose plugs
- Ear plugs
- Water bottle
- Personal medications
- Snacks/energy bars
- Sunscreen
- Lip balm SPF15+
- Insect repellent
- Sunglasses w/retainer strap
- Cell phone in waterproof container
- Wallet/cash
- Keys for shuttle vehicle
- Permits (launch/camping/fishing, etc.)
- Towel
- Pee bottle
- Toilet paper
- Trowel

## Paddling Clothing

- Immersion Clothing
  - Wetsuit
  - Paddle Jacket
  - Drysuit
  - Dry top
  - Paddling pants
- River sandals/booties
- Swimsuit/board shorts
- Rashguard
- Neoprene skull cap
- Neoprene paddling gloves
- Pogies
- Polyester fleece pullover
- Wool/fleece hat
- \_\_\_\_\_

## Navigation

- River map/guide books
- Waterproof map case
- Hand-held orienteering compass
- GPS & batteries
- Binoculars
- Waterproof watch
- Waterproof notebook & pen
- \_\_\_\_\_

## Emergency Bivouac Gear

- Waterproof flashlight
- Signal mirror
- Spare dry clothing in dry bag
- Bivy bag/sleeping bag
- Waterproof matches
- Folding camp saw
- Extra food/snacks
- Vacuum bottle w/hot drink
- Water purification tablets/filter
- \_\_\_\_\_