

## PADDLER'S CHECKLIST

- \_\_\_\_\_ FILE A FLOAT PLAN Write down where you intend to put in, take out, and when you expect to return. Give it to someone who WILL call for assistance if you don't return on time.
- \_\_\_\_\_ ASSESS YOUR BOAT'S FLOATATION NEEDS For floatation to work effectively it must fit snugly into the craft and be securely tied into place.
- \_\_\_\_\_ CARRY A SPARE PADDLE
- \_\_\_\_\_ WEAR A HAT OR HELMET A helmet is important where upsets are likely or when spray skirts or thigh restraints are in use. A hat protects from the sun.
- \_\_\_\_\_ CHART AND COMPASS OR MAP OF THE RIVER Know where you are and how to get out in an emergency.
- \_\_\_\_\_ WHISTLE OR SOUND SIGNALING DEVICE
- \_\_\_\_\_ THROW BAGS AND OTHER RESCUE GEAR
- \_\_\_\_\_ RIVER KNIFE When there are ropes and rigging, a knife is needed. This includes throw bags and throw ropes.
- \_\_\_\_\_ BILGE PUMP AND/OR BAILER Important for those in open water, always carry some device that can get water OUT of the boat.
- \_\_\_\_\_ SELF-RESCUE DEVICES Paddle float, slings, tow ropes.
- \_\_\_\_\_ SUNSCREEN
- \_\_\_\_\_ DRINKING WATER
- \_\_\_\_\_ LIGHT/SIGNAL
- \_\_\_\_\_ PROPER FOOTWEAR
- \_\_\_\_\_ UV EYE PROTECTION Choose a good pair of sunglasses and a strap.
- \_\_\_\_\_ DRY BAG Dry clothing, cameras, and cell phones are great after a long day.
- \_\_\_\_\_ APPROPRIATE CLOTHING Always dress for the weather and know what to expect. Temperature changes can occur rapidly. Layering clothes insulates in cool weather better than a single garment.
- \_\_\_\_\_ FIRST AID KIT WITH MATCHES
- \_\_\_\_\_ DUCT TAPE/SMALL REPAIR KIT
- \_\_\_\_\_ VHS RADIO AND GPS LOCATOR If venturing away from shore in a coastal area.