



Day-Paddling Checklist

Our comprehensive Berkeley Blueways checklist helps prepare you for kayak day trips. Use this each time you head out on the water, and remember the essentials.

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| ☐ Kayak or Canoe | ☐ Footwear you don't mind getting wet |
| ☐ Paddle | ☐ Dry footwear for the drive home |
| ☐ Spare paddle (at least one for every three paddlers) | ☐ Season-specific clothing layers |
| ☐ PFD / "life jacket" | ☐ Wide brim hat with neck cord |
| ☐ Emergency whistle, attached to PFD | ☐ Sunglasses (polarized for on-water) |
| ☐ Paddling knife, attached to PFD | ☐ Sunscreen (SPF 30+ and water resistant) |
| ☐ Bilge pump and/or sponge | ☐ Sun protection clothing |
| ☐ Bow line for pulling and tying off your kayak or canoe | ☐ Insect repellent |
| ☐ Multi-tool | ☐ Copies of ID and medical insurance |
| ☐ Repair / duct tape | ☐ <u>Know your route</u> : print off map from Berkeley Blueways, download off-line maps, download GPS files |
| ☐ Dry bag for personal items | ☐ Camera |
| ☐ Cell phone in waterproof bag or case | ☐ Binoculars |
| ☐ First aid kit | ☐ Fishing gear |
| ☐ Medications | ☐ Provide family & friends with trip itinerary |
| ☐ Toilet paper in a plastic bag | ☐ _____ |
| ☐ Sanitation trowel | ☐ _____ |
| ☐ Hand sanitizer | ☐ _____ |
| ☐ Ziplock waste bag | |
| ☐ More drinking water than you think you'll need! | |
| ☐ Snacks | |