

Sea Kayaker's Sample Checklist*

Create your own list using this as a guide

Getting Underway

- Sea kayak with buoyancy fore and aft
- Paddle (with leash, except in whitewater or surf)
- Spare paddle secured to deck
- Spray skirt

Capsize Recovery

- PFD (USCG and UL approved Personal Flotation Device)**
- Paddle float or sponsoons
- Stirrup sling
- Bilge pump
- Sponge

Signaling for Outside Help

- Whistle (without pea) attached to PFD**
- Aerial flares and/or handheld flares (minimum of three)**
- Smoke marker
- Dye marker
- Streamer marker
- Signal mirror
- Strobe light**
- EPIRB (Emergency Position Indicating Radio Beacon)
- VHF hand-held radio

Personal Comfort and Safety

- Water bottle(s) and/or hydration system
- Electrolyte replacement drinks

- High energy snacks
- Food
- Sun/rain hat
- Waterproof sun block
- Waterproof lip balm
- Insect repellent
- Sunglasses with leash
- First aid kit in waterproof container
- Knife mounted on PFD
- Identification card and money
- Personal medications
- Footwear appropriate for beach exploration, landing and launching
- Bailout kit for short-term survival on wilderness coasts (basic shelter, fire building materials, visual signaling devices, food, water and extra clothing)
- Kayak repair kit
- Clothing appropriate for the water conditions:

For Cold Water

- Dry suit with appropriate insulating layers
- Wet suit, appropriate synthetic insulation and dry top
- Neoprene or "fuzzy rubber" hood
- Neoprene gloves or mittens
- Neoprene booties
- Windproof, waterproof poggies
- Nose plugs
- Thermos with hot energy drink

For Warm Water and Weather

- Quick-drying, SPF rated tops and bottoms for staying cool and sun protection
- Amphibious footwear
- Paddling jacket or anorak for rain or spray
- Additional synthetic wicking layers and warm hat in an accessible dry bag or day hatch for changes in weather or after a capsize

Finding Your Way

- Deck mounted marine compass
- Hand held protractor compass
- Local charts in waterproof chart case secured to the deck
- Grease pencil
- NAVAID course plotter and leash
- Fine point Sharpie pen
- Pencil
- Waterproof binoculars
- Whistle (without a pea) or fog horn**
- Waterproof watch
- Waterproof flashlight or headlamp**
- GPS (Global Positioning System)
- Pertinent information from the following sources as needed:
 - Tide tables
 - Current tables or charts
 - Local knowledge
 - Coast Pilot
 - Light List
 - Notice to Mariners
 - Local weather forecast (VHF or weather radio gives current forecasts)

Helping Others

- Towing system
- Other personal safety gear as required

Fun!

- Waterproof camera or camera in a waterproof case
- Camera film, if not a digital camera
- Camera batteries and accessories
- Fishing tackle
- Sail
- Parafoil kite
- Sketchbook and pencils
- Wildlife and nature guides

- Snorkeling gear
- Journal (log) and pen

Overnight Trips

(use dry bags as appropriate)

- Tent and/or tarp (appropriate anchors for the terrain)
- Sleeping bag
- Ground pad
- Camp seat
- Food (in waterproof and critterproof container)
- Water (in critterproof container)
- Water purification system if natural fresh water is available
- Stove and fuel
- Waterproof matches and lighter
- Cook kit
- Cup
- Plate
- Eating utensils
- Dish scrubber and biodegradable soap
- Camp lighting (battery, candle, chemical and/or fuel powered)
- Garbage bags for packing out your and other's trash
- Extra clothing for camp wear
- Camp shoes
- Toilet articles
- Toilet paper and trowel
- Towel
- Storm bound kit (book, deck of cards, miniature board games, etc.)
- Camp repair kit (includes extra batteries for lights and electronics)
- Mesh duffel bag for hauling gear to and from kayak to camp site



Feel free to create your own checklist using this sample as a guide. Certain items are required by law and some by common sense that will go on each and every trip. Other items can be included or deleted as each trip demands.

**Items required by law in most areas.

*Sample checklist from The Sea Kayaker's Safety Diamond© March 1999
William T. Mauney, Jr. All Rights Reserved.

The author has given Great Outdoor Provision Co. sole permission to distribute this sample checklist to its customers. Reproduction in part or whole for any use is prohibited by law.