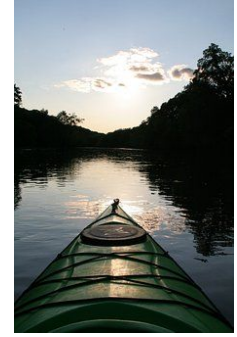




Paddling & Kayaking

One Day Gear



Essentials

- Kayak
- Paddle
- Paddle float
- Extra paddle
- Spray Skirt
- Safety equipment
- PFD's (Personal Flotation Devices)
- Flotation bags
- Sponsons
- Helmets
- Bilge Pumps
- Tow lines
- Throw bags
- Paddle leashes
- Sunglasses
- Safety whistle
- Sunscreen ~ to keep your skin safe from the sun
- Map ~ in case you get lost in the area and your phone has no service
- Knife ~ always good to have a safety knife just in case you need to cut down tough ties
- Dry Bag ~ to store your important items in it
- Camera (optional)



**It is advised that anyone wishing to participate in any outdoor activity first consult a qualified instructor. Outdoor Adventure Pursuits assumes no responsibility, including but not limited to injury/loss of any kind due to the use of information, or participating in activities found on this group/site.*

First Aid kit

- Bandages
- Cotton Balls
- Gauze Pads
- Gloves
- Tape
- Hydrogen Peroxide
- Sterile eyewash
- Cleansing wipes
- Aspirin and Motrin
- Ointment
- Safety Pins
- Tweezers

**There are pre-made first aid kits designed for paddling/kayaking or you can create your own*

Clothes

- comfortable pants
- Polypropylene polar fleece, neoprene and fuzzy rubber are excellent fabric choices
- Make sure to wear a bathing suit under or a wetsuit/drysuit
- If it's cold bring a jacket to keep you warm and extra layers
- If it's warm just bring extra summer clothes
- Sandals or flip flops due to your feet getting wet
- neoprene wet suit booties are a great choice too

Food and Water

- bring plenty of water and dry food to last a full day