

# Paddling: Canoeing, Rafting, Kayaking Gear Checklist



Hamming it up after a paddle on Jackson Lake, Grand Teton National Park, Wyoming

## Clothing

### Outerwear

- waterproof/breathable jacket shell
- waterproof/breathable pant shell
- fleece jacket or wool sweater
- waterproof gaiters
- synthetic hiking pants or shorts

### Base Layer

- midweight long john top (optional)
- midweight long john bottoms (optional)
- swimsuit (optional)
- long sleeve T-shirt or wetsuit/rashguard top
- synthetic briefs & bra
- synthetic T-shirt

### Accessories

- wool/fleece hat or sun hat (depending on season, location)
- midweight wool or fleece gloves (I find fingerless biking gloves to be a great tool for gripping paddles)
- Footwear: boots, sneakers, or sandals (one to get wet and one to change into)
- wool or synthetic socks (3)
- liner socks (2)
- bandana/handkerchiefs (optional)



River otters on the Rogue River, Southern Oregon

## Gear

### Canoeing Specific Gear

- tripping-style canoe (16-17')
- personal flotation device (PFD)
- throw rope
- paddle (straight or bent shaft) and spare
- drybags
- plastic map case
- waterproof binoculars

## **Rafting Specific Gear**

- wetsuit and booties
- personal flotation device (PFD)
- throw rope
- drybags
- plastic map case
- experienced guide with raft and oars!

## **Sea Kayak Specific Gear**

- Personal flotation device
- 100' or 50' of strong thin cord
- Repair kit including tape, nuts, bolts pliers, dry cloth, etc.
- Current/tide tables
- Plastic map case
- Flares & signal dye
- Signal mirror
- Paddle float
- Paddle leash
- Swimsuit
- Wetsuit
- Paddle jacket
- Neoprene booties or paddle shoes
- Pogies or wool gloves (pogies are neoprene hand protection)
- VHF Radio
- Kayak and seat
- Paddle with drip rings
- Spray skirt
- Dry bags
- Breakdown spare paddle
- Sponge
- Bilge pump
- Pee bottle/device
- Foot-braces and knee-brace

## **Other (Camping) Gear**

- Internal or external frame backpack
- three-season tent and ground cloth (with rain fly!)
- extra tarp/vestibule for wet weather
- down or synthetic sleeping bag (15° to 30°F)
- inflatable/closed foam sleeping pad
- canister stove and fuel canisters
- firestarter, lighter and/or waterproof matches
- cookset

- eating utensils, bowl, and insulated mug
- extra food
- headlamp or flashlight w/extra batteries and bulb
- candle lantern, extra candles (optional)
- 32 oz. water bottles (2)
- water treatment (filter, tablets, or drops)
- pocket knife or multitool
- fillet knife (optional)
- oil and spices (for fish!)
- compass or GPS (and map)
- personal locator beacon (optional)
- sunglasses
- first-aid kit with personal medications
- stuff sacks, garbage bags (help keep things dry)
- folding saw and bucket (optional)
- collapsible water containers
- solar shower (optional)
- assorted zipper-lock bags
- bear-bagging rope (or canister)
- insect repellent (optional)
- mesh head net or suit
- sunscreen (SPF 30+)
- lip balm (SPF 15+)
- toilet paper and trowel
- personal toiletries
- camera, waterproof casing, batteries (optional)
- watch with alarm (optional)

### **Camp Clothes**

- Complete change of clothes from river/lake/sea/etc., as they will be wet!
- Avoid cotton whenever possible

### **Other Items That Are Nice To Have**

- Binoculars
- Fishing gear
- Kite
- Notebook/journal and pen
- Deck of cards/games
- Good stories
- Day pack
- Sitting pad