

Packing Checklists for Expedition Kayak Trips

“Must-Have Items” List

- ❑ boat
- ❑ paddle
- ❑ PFD (personal flotation device) – *please wear this when paddling – **DO NOT** place it on your deck or, worse yet, in your boat!!*
- ❑ spray skirt
- ❑ extra paddle - have a break-down and strap it to your rear deck
- ❑ map and/or charts
- ❑ map or chart case (to be strapped to top deck)
- ❑ compass
- ❑ sun screen
- ❑ bug spray
- ❑ water bottle - at easy access
- ❑ water (1 gallon per day) or water purifier if fresh water (and not saltwater) is available
- ❑ tent
- ❑ tent stakes
- ❑ sleeping bag
- ❑ sleeping pad
- ❑ stove and fuel
- ❑ cooking pot(s) and utensils
- ❑ biodegradable soap and small sponge for washing dishes
- ❑ matches
- ❑ emergency fire starting kit
- ❑ camp food and lunch food (repacked to appropriate portions)
- ❑ light or headlamp
- ❑ extra batteries
- ❑ camp clothes
- ❑ biodegradable soap, toothpaste, etc.
- ❑ camp towel
- ❑ toilet paper and small shovel and/or carry-out containers

safety/rescue equipment:

- ❑ paddle float
- ❑ stirrup if needed
- ❑ pump...*remember* these are only useful if you know how to use them!
- ❑ signal horn
- ❑ whistle
- ❑ signal mirror
- ❑ strobe on PFD
- ❑ boat repair kit
- ❑ first aid kit (this will vary greatly depending on your trip location and conditions and your own first aid knowledge and skills) - *have this easy-access!*

paddling clothes: (this list will vary greatly depending on trip location and water temperature – *remember, dress for the water temperature!*)

- ❑ hat/cap
- ❑ sunglasses with a strap
- ❑ paddling gloves if needed
- ❑ splash jacket
- ❑ wet-suit or “Farmer John/Jane” suit if needed for water temperatures
- ❑ quick-drying bottoms and tops (capilene, synthetics, fleece, etc.) *remember. “cotton kills!”*
- ❑ extra wind-proof layer for stops along the way
- ❑ booties, paddling shoes, or water shoes

“Optional Items” List

- ❑ tarp and rope
- ❑ paddle leash
- ❑ rope for a bow-line
- ❑ helmet (for surf landings or play)
- ❑ sail
- ❑ pillow
- ❑ camp chair
- ❑ camp oven
- ❑ coffee percolator or press
- ❑ lantern or candles
- ❑ book(s)
- ❑ fishing rod and reel
- ❑ camera
- ❑ binoculars

The following items may be necessary depending on trip location/type of waters:

- ❑ GPS
- ❑ tide charts
- ❑ VHF radio/weather radio
- ❑ EPRIB
- ❑ cell phone
- ❑ radar deflector (anything metal)
- ❑ flares
- ❑ tow rope