

West Coast Expeditions' paddling Essentials Checklist for Day Trips

We've left some spaces for you to add to this list - only you will know what's best for keeping your outings comfy and enjoyable, prepared for a range of conditions, variables, and opportunities.

We recommend using this list and possibly choosing to not bring something along, rather than forgetting it..!

The actual weather, weather forecast, and sea conditions will obviously influence each day's decisions.

Personal Flotation Device (PFD) that fits well	Paddling jacket for wind, splash, rain
Full paddle and spare paddle, both good to use	Rain jacket with hood (or rain hat) for on shore
Spray skirt, hand pump, throw bag, whistle	Synthetic puffy jacket/fleece, or merino wool
Chart and maybe a handheld GPS to track route	Rubber 'sports sandals' or neoprene booties
Suitable communication device: cell phone or VHF	Appropriate footwear for on shore
Waterproof case for phone/electronics	Insulated bottle with hot drink
Dry bag with full change of spare clothes	First aid kit and any prescription medications
Gardening gloves (rubber palm) with fingers cut off	Headlamp and spare batteries
Sunscreen/Zinc oxide/Lip protection	Fire starter kit (lighter/candle) and safety knife
Sunglasses with leash	Duct tape and multi-tool (Leatherman or similar)
Sunhat with good brim and chin strap	Binoculars & camera
Water bottle	Sketch book/journal
Favourite snacks handy in a pocket	Emergency shelter (tent/tarp/rescue blanket)
Trip Plan filed with someone at home, check-in time	Foam butt pad for in kayak or sitting on shore