



WHAT TO PACK FOR A KAYAK DAY TRIP

SAFETY ITEMS

- Personal Floating Device (PFD) or life jackets
- Bailer Safety Kit
- Sound signaling device or a whistle
- Headlamp, or flashlight
- First Aid Kit
- A map

ESSENTIAL ITEMS:

- Insect Repellent
- Sunscreen Protector
- Water Bottle
- Energy Snacks

RECOMMENDED ITEMS

- Cell Phone waterproof bag
- Dry Bag
- Multi Tool
- Towel
- A change of clothes
- Sunglasses

WHAT TO WEAR

- Swimsuits
- Short or quick dry pants
- Tank Top or sun protector sleeve shirt
- Water Shoes
- Rain Jacket

