

CHECKLIST: Equipment Required for Multi/Day Paddling With no support

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The following is a list of necessities, optional extras and downright luxuries in no order of priority. Use it as a basis to start your own checklist and **use it**. It's not pleasant when you forget your teddy! (Not listed but I know someone whose teddy goes along on all his kayak trips!) The list is fairly generalised so check appropriate chapters of the KASK Handbook for more specific information, especially with your First Aid requirements

*relates to items required to be kept within arms reach for easy access

PADDLING

*Sun Hat
Kayak
PFD
Paddle
Split Paddle
Jacket
Polyprop
Bootees/shoes
Skirt/deck
Throw Line
*Tow Line
Trolley
(Wet/dry suit)
(Helmet)
*UV glasses
Repair Kit
*Drink system
*Whistle
Compass
*Sharp knife
*Sea anchor
*white light
(for night
paddling)
*pump
*paddle leash(for
surf entry/exit)
*Pogies/gloves
*balaclava
*bailer/sponge
Sail
*Umbrella
Titanium tops

SLEEPING

Mattress
Pillow/case
Sleeping Bag
Tent/Fly
Polyprop
Ground sheet

FIRST AID

Seasick potions
Survival Blanket
*Sun Screen
*Lip Screen
Scissors
Needle
Antiseptic soln,
cream (Miltons)
Pain relief
Safety Pin/s
Butterfly stickers
roll elastoplast
sticking plaster
(waterproof)
Crepe Bandage
Water Purifying
tablets/iodine
Filter System
Insect Repellent
Sterile Dressing

COOKING

Billies
Can Opener
Cooker
Lighter
Fuel
knife/fork
Plates/cup
Scrubber
Detergent
Tea Towel
billy tongs
Spoon
Thermos
Mtce kit,
(cooker)
Frying pan

FOOD

Vegetables
Cup o'Soup
Freeze Dried
Fruit
Honey/Jam
Marmite Socks
Meusli
Moro/Mars
Oxo Cubes
Pineapple
Milk (long life)
Cheese cake/s
*Scroggin
Chocolate
Bread/Butter
Rice
Cheese/crackers
Pasta Meals
Powder Milk
Canned meat/stew/fish
Tea/coffee/sugar
salt/pepper
Herbs/spices
Dried juice
Pop corn
Dehy food

CLOTHING

Raincoat
Tee shirt
Jersey
Shorts
Underwear
Vinyl Dry Bags
Polar Plus
Hat
Shoes

SUNDRY

1.25l bottles
*Camera/film
Towel
*Zinc Ointment
Toilet Paper
Fold up seat
Plastic Bags
Rubber Bands
*Compass/maps
*Torch/headlamp
Watch
Soap
Face Cloth
Tooth Brush
Food Tubes
Money
Pocket Knife
Screw Top cans
*Flares
Spare Rope
Spare Tent Pegs
Tide Tables
Books
Notebook/diary/pen
Trowel (toilet)
Radio/walkman -
marine forecasts
Car tube rubber
bands
Plastic Containers
Bottles

SUNDRY (cont)

Mirror (contact lenses)
*Epirb/PLB transmitter
Phone card
Spare batteries
Solar shower
Walkman/tapes/discs
Ipad/Ipad/phone
Spare glasses (for
the visually impaired)
*Binoculars
Containers

REPAIR KIT

Tools (mainly for
steering gear -
screwdrivers/pliers/
spanners
spray skirt repair
kit or spare skirt
Epoxy glue 5min (Araldite)
Needle and strong thread
Bits of string/rope
Spare neoprene/canvas
- hatch covers
Contact adhesive
Duct tape
Spare steering cable
Rudder pin, bolts, nuts
Buckles, cleats etc
#8 wire