



River Trip Clothing & Equipment - Check List

Compiled by Kansas Canoe & Kayak Association members / revised: 1/25/2008

PADDING EQUIPMENT

- ___ Canoe/Kayak/Raft w/flotation- (first things first)
- ___ Spray Skirt (kayaks)
- ___ Paddle/Oars (always include one extra paddle; breakdown paddles for kayaks; rafts need one full set of extra oars)
- ___ P.F.D. (Life jackets for each person, (1) extra may be required to meet Western Permit river regulations)
- ___ Rescue bag (65' length minimum) and/or rope (one 50' length for tie down; longer ropes may be needed.)
- ___ Personal water bottle (plastic) & Lunch - for day trips; keep food in a waterproof bag; Anti-septic hand cleaner.
- ___ Bailer and/or pump (a half-gallon plastic jug with bottom cut out and a large sponge - especially good for kayaks)
- ___ Paddling tops & bottoms or Dry-tops w/dry-bibs, or complete Dry-suits are VERY useful for cold water paddling.
- ___ Paddle poggles (for the hands) and helmet liners (for the head) are very useful for cold water paddling.
- ___ Waterproof bags and containers; army ammo boxes work well; NO garbage bags - useless for waterproofing
- ___ Mesh bag in boat for trash; also for a new law in Arkansas w/\$500 fine that requires them in the boat

WHITewater EQUIPMENT

- ___ Helmet (should cover ears too; helmet liners are great preventative measures against hypothermia)
- ___ Rescue gear - carabiners, pulley, saw, knowledge
- ___ Water (minimum 1 gallon per day)
- ___ Good First Aid kit, high energy snacks, emergency space blanket, saw - a single waterproof bag
- ___ P.F.D. - w/ tow line is very handy for kayakers with proper skills and rescue knowledge
- ___ 2-way radio w/waterproof housings - very handy in long scouts and group separation issues

CAMPING EQUIPMENT

- ___ Tent, poles and stakes (as lightweight and compact as possible)
- ___ Ground cloth (for the *inside* of a tent if you want to stay dry); Air Mattress or Thermarest - very comfortable
- ___ Water (1 gallon/day/person plus 3-5 gallons extra for washing)
- ___ Water purification systems & pumps are very handy for multiday trips
- ___ Sleeping bags - water proofing is critical here
- ___ Flashlight (extra batteries); Headlamps have really become the thing to use.
- ___ Portable table, folding chair, folding saw; charcoal & lighter
- ___ Porta-Potti system - for Western multiday trips

CLOTHING

- ___ Neoprene booties or river sandals - essential for river use, save the tennies for camp
- ___ Boots (if you plan to do some hiking)
- ___ Rain Wear (tops and bottoms; trash bags for raingear are almost worthless)
- ___ Hat (wide brim type preferred)
- ___ Socks - wool or two sets of
- ___ Long sleeve shirt & paddling jackets - polypropylene, nylon pile, & wool are the best fabrics; NO cotton.
- ___ Long pants & paddling pants - polypropylene, nylon pile, & wool are the best fabrics; NO cotton jeans.
- ___ Short sleeve shirt - save the cotton T-shirts for camp
- ___ Shorts or cut-offs
- ___ Swim suit
- ___ Extra "undies"
- ___ Sweatshirt or windbreaker
- ___ Gloves (cool weather and protects tender hands)

PERSONAL

- ___ Toilet paper - waterproof it!
- ___ Toothbrush and paste
- ___ Biodegradable soap
- ___ Wash cloth and towel
- ___ Hand lotion
- ___ Knife (sheath knives longer than 6" are not practical; a Leatherman tool can be very handy)
- ___ Personal toiletries, Personal Medications (Rx items); Spare glasses, copy of glasses & medical prescriptions
- ___ Money/Credit card (you'll need this to buy those items on this list you forgot)

FOOD AND COOKING EQUIPMENT

- ___ Camp stove and fuel - propane systems are very handy for multi-day trips
 - ___ Cook kit, spatula, coffee pot
 - ___ Coffee/tea, cocoa, flour, sugar, salt, pepper, grease or Crisco
 - ___ Paper towels and dish sponge
 - ___ Food (plan your menu for each meal, including some high energy snacks for mid-afternoon, go lightweight)
 - ___ Drink mix (no glass, bring plastic, paper or cans only)
 - ___ Trash sacks (for your own trash and what you pick up along the way)
- Note: Avoid metal cups when hot fluids (coffee, cocoa, soups) are used, to prevent burned lips.

OPTIONAL EQUIPMENT

- ___ Extra fuel for stove or lantern, spare lantern mantels
- ___ Camera & film - waterproof & disposable cameras and handy
- ___ Sunblock (SPF12 or greater), Lip-balm, Bag-balm, Insect repellent, Sunglasses
- ___ Caving Gear, Compass, Binoculars, Extra matches, GPS, Guide book, river maps, a good book

LEAVE AT HOME

(CD/MP3 player, radio, bad attitude, glass containers, dogs that bark a lot, all whiners)

"A wise old river runner always has a complete change of clothes, including shoes, in the car for a dry return home"