

# Padding Day Trip Checklist

## What to Bring:

1. Set of clothes, tennis shoes, towel, soap/shampoo – leave in the vehicle for after the trip and the drive home
2. Clothes for the River – Fast drying shorts, bathing suit and T-shirt
3. Footwear – river sandals, old tennis shoes or neoprene booties
4. Rain jacket and pants
5. Hat, cap or visor
6. Sunglasses
7. Retaining straps (for sunglasses and cap)
8. Sunblock & insect repellent
9. Dry bag, garbage bag, or pickle bucket with lid to keep items dry in the canoe/kayak
10. Nylon rope – two or three lengths at 3/8” x 6’ to tie items in your canoe/kayak
11. Plastic trash bag for garbage
12. Lunch – no glass containers or bottles
13. Water/Other - 2 quarts per person
14. Personal first-aid kit
15. Toilet paper in zip-lock bag – just in case
16. Camera, Film & Batteries
17. Paddles, canoe/kayak & PFD’s (life-jacket).
18. Sponge and/or Bailer to keep your boat dry
19. Handheld GPS (trip coordinator)
20. Waterproof watch
21. Pocket knife
22. Small ice-chest

## Please note:

- Do not bring any alcoholic drinks on the river. Alcohol and boating don’t mix.
- If you’re bringing a small ice chest, bring a rope or two straps to go tightly around the ice chest to prevent the lid from opening up in case you turn your boat over. Plan for the unexpected!
- Limit what you bring on the river so you don’t carry a whole bunch of stuff to and from the canoe/kayak when putting-in and taking-out.
- For those with cell phones: Please feel free to bring them along, **but please keep them turned off** during the trip on the water. Part of the enjoyment of these trips is to enjoy the peace and quiet that these paddling trips bring us. Ringing cell phones up and down the river are not a welcome sound. Hey – it’s so remote here you probably won’t get a signal anyway.