



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 (one extra paddle; breakdown paddle - kayaks; rafts - one 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; Keep food in a waterproof bag & anti-septic hand cleaner.

WHITEWATER EQUIPMENT

- Helmet (should cover ears too; a helmet liner is a great preventative measure against hypothermia)
- Rescue gear - carabiners, pulley, saw, knowledge
- Water (minimum 1 gallon per day)

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

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.

PERSONAL

- Toilet paper - waterproof it!
- Toothbrush and paste
- Biodegradable soap
- Wash cloth and towel

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

OPTIONAL EQUIPMENT

- Extra fuel for stove or lantern, spare lantern mantels
- Camera & film - waterproof & disposable cameras and handy

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"*

- Bailer and/or pump (a half-gallon plastic jug with bottom cut out and a large sponge)
- Paddling tops & bottoms or Dry-tops w/dry-bibs; Dry-suits are VERY useful for cold water paddling.
- Paddle poggies (for the hands) and helmet liners (for the head) are very useful for cold water paddling.
- Waterproof bags/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

- 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

- 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

- 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)

- 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 & prescriptions
- Money/Credit card (you'll need this to buy those items on this list you forgot)

- Food (plan your menu for each meal, include 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.

- 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