

MODULE 2

	Day Outings On Lakes and Rivers	For Excursions in Coastal Waters ADD	Overnight Excursions and Longer Add
Material	Sea kayak	Kayak at least 4 meters or 13 feet long	Tent
	Paddle	Take-apart emergency paddle	Ground sheet
	Spray skirt	Distress flares	Sleeping bag
	One appropriately sized PFD per person	Compass	Camp stove and fuel
	Whistle or foghorn	Binoculars	Pots and pans
	Throw line or throw bag (15m or 15ft)		Plates, cups & utensils
	Paddle floater		Kitchen kit (salt, pepper, tongs, biodegradable soap, matches, can opener, etc.)
	Pump or bailer		Food
	Small watertight bag		Toilet paper
	Drinking water		Small shovel
		Tarp	
Clothing	Shoes or sandals		Extra Clothing
	Wool socks		Underwear
	Shorts or pants		Warm socks
	Polyester T-shirt		Pants
	Long-sleeved synthetic fibre jacket	Basic list, as well as warm clothing	T-shirts
	Wool or polar fleece sweater		Shirt
	Hat or cap with chin strap		Sweater
	Rain gear	Even in the summer, the water is colder & weather conditions can change without warning	Shoes
	Change of clothing in watertight bag		Extra toque
	Cycling gloves		Towel
	Beginning and end of season:		Rain pants
	Wetsuit		
Neoprene boots and gloves			
Toque or balaclava			
Safety	Sunglasses with cord		Personal medication
	Sunscreen		Extra pair of glasses or contact lenses
	Water bottle or thermos	Weather or VHF radio	Emergency rations
	Topographical map or guide in watertight case	Marine Chart	Extra copies of maps
	First aid kit	Tide table	Repair kit
	Watertight flashlight & batteries	Marine weather forecast	Sewing kit
	Insect repellent or mosquito net	Extra drinking water	Water filters or extra drinking water
	Rations (e.g. dehydrated fruit)		Narrow line 3mm x 20m
	Knife		Extra batteries and candle
		Waterproof bags	

(Source: SEA KAYAKING SAFETY GUIDE – Transport Canada’s Office of Boating Safety 2007)