

## SAFE PADDLING IS THE KEY

NEW BERN – February 14, 2006, at the of the Twin Rivers Paddle Club meeting Mr. Terry Rich (Twin Rivers Paddle Club's Training and Safety Officer) gave a presentation on safety being key to fun paddling. During his Presentation he discussed items that should be taken on a kayak trip and precaution to take as well. Provided for your reading enjoyment and information is the list that he covered during his presentation. Also, Terry made the point that this is his check list and that you should build your own base on what your needs are. Do you take medication are you allergic to insects bites? These and other factors help determine what to include on you list.

### ***Kayak Check List***

#### ***Always Take:***

- *Kayak w/ painter*
- *Paddle*
- *PFD w/ whistle*
- *Sponge*
- *Towell (for boat wipedown)*
- *H2O*
- *Hat*
- *Pee Bottle*
- *H2O Shoes*
- *Sit pad*

**\*CHECK WEATHER FORCAST!**

***See Most Trips list***

#### ***Take on Most trips:***

- *Bail Out / First Aid Kit ( see detailed list)*
- *Paddle Float*
- *Pump*
- *Chart in waterproof case*
- *Sunglasses w/ strap*
- *Spray Skirt*
- *Tow Rope*
- *Rescue Webbing*
- *Paddle Jacket w/ Knife*
- *Food*
- *Compass*

***See Bail Out Kit List & Winter or Summer List***

#### ***WINTER TRIPS:***

- *Spare Warm Clothing in Dry Bag*
- *Thermos w/ hot drink*
- *Warm Hat*
- *H2O Pants & Paddle Jacket or*
- *Wet / Dry Suit*

- Gloves
- Booties w/ Liner socks

**SUMMER TRIPS:**

- Extra H2O
- Sun Screen
- Brimmed Hat
- Sun Shirt

**OTHER GEAR to consider (depending on trip)**

- Spare Paddle
- Air Horn
- Stove w/ fuel
- Weather Radio
- GPS
- Tarp or Shelter
- Cocpit Cover
- Cell Phone
- VHF

**Bail Out Bag**

*Emergency Gear:*

- H2O Proof Light
- Spare Batteries
- H2O Purification Pills
- Duck Tape
- Multi Tool
- Survival Bag or Garbage Bag
- Candle

**\*FIRST AID KIT (adjust for trip)**

- Lighter
- Matches
- 3 Signal Flairs
- Smoke Flair
- Dye Marker
- Compas
- Strobe Light
- Power Bar (or food bar)
- Cord
- Bug Repellent
- Signal Mirror