River Trip Clothing & Equipment - Check List

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

PADDLING EQUIPMENT
- Canoe/Kayak/Raft w/flotation- (first things first)
- Spray Skirt (kayaks)
- Paddle/Dars (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, [2] extra may be required to meet Western Permit river regulations)
- Rescue bag (80' length minimum) and/or rope (one 90' 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.
- Bailers and/or pumps (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 poggies (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 )
- 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

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
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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"
- 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

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