



River Canoe Club – Equipment Packing Checklist

You have just shut the boot of the car ready to go but you still have that niggling feeling you have forgotten something.

The following is intended to be a checklist for paddlers to use when preparing for a RCC trip. Not all of the equipment is suitable for all trips and conditions, some items appropriate for Open Water (OW) or Flat Water (FW) are not appropriate on White Water (WW) or in the Surf. Some equipment everyone should carry and others one or two in the group is enough. So list is to be used as a guide or prompt for what you want to carry for a particular trip based on the conditions and group.

Item	Trip	Description	Comment	Packed	
				Individual	Group
Basics					
Sun Screen	All	SPF 50+	Don't Forget	Yes	
Boat	All	Suitable for the trip and condition, kayak canoe		Yes	
Paddle	All	Suitable for the boat and paddler	One paddle may not suit all types of boats.	Yes	
Life Jacket (PFD)	All	Jacket must be correctly fitted to be effective	RCC wear Life Jacket on all trips	Yes	
Helmet	WW or Surf			Yes	
Spray Deck	All	Suit cockpit and paddler		Yes	
Buoyancy	All	Some boats have built in buoyancy others require air bags to be installed.		Yes	
Light	Night	White Light Visible 360deg	Bright head torch is also a good idea	Yes	
Tie Down Straps	All	If a car shuttle is involved make sure you have sufficient straps or ropes for the return journey	Throw bags or pin kit ropes can be used if insufficient straps available	Yes	
Car Keys	All	Safe place to store your car keys to prevent theft, loss or water damage.	Little pelican case or combination lock key box attached to the car	Yes	
Dry Bags or Barrels	All	Assortment of dry bags or barrels to pack all of your gear. Must able to fit the gear and still get through the hatch in the kayak.	Plastic garbage bags can be used if treated with great care	Yes	
Map	All	Map showing the route of the trip and possible pullout points	Maps should be carried in a water proof case		Yes
Compass	All	Compass can be either attached to the boat or hand held for following bearings			Yes
GPS	All	Device that uses satellites to locate your position	Some have maps built in others just supply a coordinate location to be transferred to a map.		Yes



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Clothing Warm Weather - UV Protection					
Long Sleeve Rash Shirt or Shirt	All	Synthetic cloths dry much quicker than cotton. They will be far more comfortable	Long sleeves to protect from the sun	Yes	
Short or long pants	All	Shorts or long pants to keep the sun off your legs, when in the boat.	A spray skirt will keep the sun off your legs, please do not use this as an excuse to just wear budgie smugglers under your rubber skirt.	Yes	
Broad Brim Hat	FW/O W	Hat to keep the sun off your face ears and neck	Bright colours with a chin strap will help prevent you losing it	Yes	
Shoes	All	Shoes for the water, such as volleys, wetsuit boots, or water sandals.	Something will not come off in the mud and protects your toes	Yes	
Paddling Gloves	All	Gloves to protect the back of your hand from sun		Yes	
Light Weight Fleece Jumper	All	Carry in a dry bag so it is available if the weather turns or the trip takes longer than expected	Synthetic fleece will work when wet especially when combined with a spray jacket	Yes	
Light Rain or Spray Jacket	All			Yes	
Clothes - Winter or Alpine All Year (Layers are good)					
Dry Top/Suit	All	Paddling Goggles with gasket neck and wrist seals	Allows warm layers to be warm underneath	Yes	
Dry Pants or Wetsuit Pants	All	Dress for a swim, long pants will protect against cold and bumps and scrapes		Yes	
Base Layer - Thermal	All	Polypropylene thermals provide excellent warmth, wicks water from the skin and stays warm when wet		Yes	
Mid Layer	All	Light-Medium fleece jumper	Can be worn or carried in a dry bag depending on the day	Yes	
Skull Cap	All	Wetsuit or Lycra skull cap worn under a helmet.	Sudden immersion of your head in cold water can be painful	Yes	
Wetsuit Boots or Shoes	All	Provide support and warmth while still fitting comfortably in your boat.		Yes	
Pogies/Gloves	All	Wetsuit gloves or pogies to keep your hands warm	Also offer protection in WW	Yes	



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Food & Water – Day Trip					
Water Bottle or Bladder	All	Bottle easily accessible once on the water	Dehydration can severely affect your strength and decision making abilities	Yes	
Spare Water	All	You should have at least 2L for a day		Yes	
Lunch	All	Your favourite sandwich Tuna and crackers Hard Boiled Eggs Sushi rolls Yesterday's Pizza	Avoid high salt and sugar as it will make you thirsty	Yes	
Snacks	All	Fruit Trail Mix Muesli Bars	Leave unnecessary packaging at home	Yes	
Morale Snacks	All	Chocolate or lolly snakes for when everything just when wrong and everyone is cold and wet	Quick energy can change the group's mood		Yes
Thermos – Hot Drink	All	On cold winter paddles or alpine trips a hot drink can be a big pick me up	Hypothermia can be kept at bay with warmth and energy	Yes	
Emergency/Ditch Kit – All Packed into a Dry Bag					
Paddle Buddy	All	Like minded individual or group who have similar skills and equipment to you and don't have a problem with you wearing a rubber skirt.	Extra useful if they have first aid training	Yes	
First Aid Training	All	If you have not done a first aid course get yourself booked into one.	Safety is everybody's responsibility	Yes	
First Aid Kit	All	Do a first aid course to know what you need		Yes	
Cash, Identification, Medicare and Health Insurance	All	In the event of an accident and possible medical evacuation, having some identification including Medicare details and private health insurance		Yes	
Whistle	All	'Pea-less' whistle that will work when wet.	Important for communication and attracting attention in windy or noisy environments	Yes	
Throw Bag	WW	15-20m of floating rope in a bag made for throwing to a swimmer	Everyone should have one on a WW trip	Yes	
Tow Rope	FW/O W	Waist belt quick release tow line to allow a paddler to tow another while allowing a quick release if necessary		Yes	



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Paddle Float	FW/O W	A float added to the paddle blade to act as an outrigger allowing a paddler to climb back into a boat while at sea	Useful if you are separated from your paddle buddy.	Yes	
Pin Kit	WW	Collection of ropes, pulleys, carabineers and prussick loops and slings to set up a Z-Drag	WW groups should have a couple in the group. It is no good if the only pin kit is in the pinned boat.		Yes
Knife	All	Whenever ropes are used a knife should be close at hand in the event of a paddler trapped by a rope	Knife can also be used for preparing food.	Yes	
Pump or Bailer	FW/O W	Hand Pump or bailing device to empty water from a boat after a capsize	Should be accessible and tethered	Yes	
Folding Saw/Serrated Knife	WW	In the event of a pin and wrap it is possible for a paddler to become trapped in a boat. The only option if to cut the person out of the boat.	Also can be used for collecting fire wood		Yes
Mobile Phone in waterproof pouch	All	Mobile is the quickest communication options if there is reception		Yes	
EPIRB/PLB	All	Open water paddlers should carry one each WW/FW should have at least one in a group		Yes	Yes
VHF Marine Radio	Coastal	VHF Channel 16 is monitored by the volunteer coast guard and shipping	Licence required Not much use away from the coast		Yes
Optional -Satellite Messenger (SPOT etc)	All	Satellite messengers txt and location information to be sent when normal mobile reception is not available.	Can be used for emergency if set off with a EPIRB will provide additional information to AMSA		Yes
Optional – Satellite Phone	All	Satellite based telephone will allow communication as long the sky can be seen and there is a satellite going past	For a large group on a particularly remote expedition		Yes
Optional – UHF/CB Radio	All	Useful for communication within the group. Not a reliable system for raising help			Option
Space Blanket	All	Foil blanket for wrapping around cold or injured paddlers	Can also be used to make a shelter	Yes	
Plastic Shelter	All	Orange Plastic V Distress Signal or large plastic garbage bag, can be made into a basic shelter	Go with bright colours to make rescue easier.	Yes	
Matches/Lighter/ Flint	All	Way of starting a fire	Can be stored in a first aid kit so you don't have to remember it separately	Yes	
Fire Lighters	All	Hexane Tables Pieces of bicycle inner tube	It is usually cold and wet when you need a fire and so is all the kindling.	Yes	



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		Cotton wool dipped in Vaseline			
Signal Mirror	All	Small mirror with a sighting hole that allows the sun to be reflected back at passing aircraft or boats to draw attention	Paddler can be hard to spot on the ocean or in the bush		Yes
Flares	FW/O W	Orange Smoke and Light Flares can be useful to attract attention.	Heavy to carry on WW trips		Yes
Small Head Torch	All	If you are caught out after dark, a small torch can be used to see and warn others		Yes	
Glow stick	All	If your party get caught out after dark a glow stick on each boat/paddler will help keep the group together	Cheap, don't corrode or have batteries. Single use	Yes	
String or Paracord	All	20m of 3-5mm paracord has many possible uses from securing a fly in the wind to building a bed or a stretcher		Yes	
High Energy Food	All	Small amount of high energy snacks with a long shelf life		Yes	
Small Radio for Weather Updates	All				Yes
Emergency Repair – Group					
Duct Tape	All	Duct Tape for patching holes			Yes
Multi-Tool	All	Compact tool with pliers, screw drivers, files and scissors.	Your kayak fit out and rudder etc is all held together with screws and nuts.		Yes
Fibreglass Repair Kit for extended trips	All	Resin, glass mat, sand paper, small brush	If paddling a composite boat Practise using the fibreglass repair prior to the trip		Yes
String or wire trace	OW	String or stainless steel wire can be used to repair kayak rudders cables.	Fishing wire trace can be bought in long lengths with small swages for making loops.		Yes



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Overnight Camp – Shelter					
Shelter	All	Tent, Hutchie, Bivvy, Hammock Tent	Lots of options depending on terrain, expected temperature and size of group.	Yes	
Sleeping Bag	All	Synthetic Bags will still keep you warm when wet. Down bags will not	Warmer bags are bigger and heavier. If you wear more cloths to sleep you may be able use a lighter bag which packs smaller	Yes	
Sleeping Mat	All	Not to be overlooked, without thermal insulation from the ground any sleeping bag will be cold	Inflatable “thermo-rest” style mats pack smaller than foam.	Yes	
Dry Warm Cloths	All	A change of dry warm cloths to change into at camp and for sleeping	Use the layer depending on the season and location	Yes	
Dry shoes and sock	All	Wet cold feet will quickly make you cold and miserable	The shoes you wear in the day will get wet	Yes	
Small Towel	All	Microfiber absorbs water quickly and dry quickly and packs smaller than cotton		Yes	
Cooking and Eating					
Stove	All	Gas or Metho burning stove for cooking meals and boiling water.	Most of the best paddling locations are within national parks which do not allow fires.	Yes	Yes
Fuel for Stove	All	To Suit Stove		Yes	Yes
Pots and Pans	All	To suit the stove and meals.	Some stoves only work with specific pots.	Yes	Yes
Plate/Bowl	All	To suit meals	One that does both or can you eat straight from the pot.	Yes	
Utensils	All	Knife/Fork/Spool or combination		Yes	
Mug	All	Vessel for drinking warm or cold drinks	Can also be used as a measuring cup	Yes	
Sponge	All	Course sponge, for cleaning cooking equipment			Yes
Sarong/table cloth	All	Can be used for laying our food and utensils as well as drying up			Yes
Collapsible sink	All	One in the group to allow washing up away from the waterway	Washing Up Water should be disposed of >50m from any fresh water source		Yes
Water Purification	All	Fresh water can be boiled, filtered to kill any bugs or bacteria alternatively puritabs or UV systems can use used.	Sea water can be distilled, but required significant energy to make potable.	Yes	
Food for you	All	All way have some food for a trip	Even short trips can get unexpectedly extended, have some extra	Yes	
Baby Food	All		Don't Ask	Yes	



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Ablutions					
Small shovel or trowel	All	Devise for digging a hole for use as a toilet. One in the group is usually sufficient	Check to see if digging holes is allowed, some National Parks prohibit digging holes, especially in high use areas.		Yes
Poo Tube	All	A cylinder fashioned out of PVC drainage pipe components with a screw-on lid. Poo is collected in paper or corn-starch bags and stored in the tube for disposal.	It is prohibited to dig holes for toilets in National Parks and all waste must be carried out		Yes
Toilet Paper	All	Toilet paper stored in a sealed bag		Yes	
Hand Sanitizer	All	Use instead of soap	Soap will pollute the waterway	Yes	
Tooth Brush	All			Yes	
Other Items					
Camera	All			Yes	
Batteries	All	Water proof container		Yes	
Solar Charger	All	For extended trips changing phone, GPS or camera		Yes	
Favourite Campfire drinks	All	Beer, Wine, Spirits, Port, Hot Chocolate		Yes	