

KAYAK DAY TRIP KIT

THINGS TO TAKE

One item can save your life, three make the day work, the rest can wait.

1 THE ONE THAT MATTERS

- ☐ Lifejacket per person, AS 4758 Level 50+
worn and fitted, always
- ☐ Legal minimums vary by state
see the Lifejacket Rules resource
- ☐ Whistle attached to each jacket

2 BOAT & PADDLE

- ☐ Paddle, plus a group spare on open water
- ☐ Paddle leash, clipped to the boat
a separated paddle is a stranded paddler
- ☐ Bailer or sponge
sit-inside kayaks
- ☐ Bow and stern lines, straps for the car
or hire at the water and skip the roof

3 DRY BAGS, SMALL BEATS BIG

- ☐ Phone in a waterproof pouch, worn on you
- ☐ Keys and wallet, double-bagged
- ☐ First aid basics
a wet kit is no kit
- ☐ Warm layer on cool days
- ☐ Snacks

4 SUN & HYDRATION

- ☐ Long-sleeve rashie or sun shirt
water doubles your UV, above and below
- ☐ Hat with a leash or chin strap
- ☐ Sunglasses on a strap
the sea floor is paved with lost sunnies
- ☐ Sunscreen, tops of legs and feet too
- ☐ Water bottle with a clip or lanyard

5 WEAR

- ☐ Quick-dry everything, no cotton or jeans
dress for the water, not the weather
- ☐ Footwear that stays on wet
reef shoes, strapped sandals, old runners
- ☐ Cold water? Dress for a swim in it
thermal layer or wetsuit, or do not paddle

6 IN THE CAR FOR AFTER

- ☐ Full dry change of clothes and towel
- ☐ Warm layer and dry shoes
- ☐ Water and a snack for the drive

7 LATER, REMOTE TRIPS

- ☐ PLB, registered free with AMSA
for offshore and remote, not week one
- ☐ Spare paddle, tow line, comms
sea kayaking kit, with training to match

BEFORE ANY OF THIS GOES IN THE BOAT

Wind checked, lifejackets on, someone knows your plan — the Before You Launch checklist covers it.

Lifejacket standard AS 4758. Legal minimums vary by state — check your state waterway authority.