

ACTIVITY PLANNING CHECKLIST

THINGS TO DO

Share it with your paddling party so everyone is prepared before you depart.

1 SKILLS FIRST

- ☐ Paddle with a suitably experienced buddy
- ☐ Positioning your body, using the paddle, entering and exiting the kayak
- ☐ Paddling the kayak correctly
- ☐ Rescuing yourself and others if a boat capsizes
righting the craft and re-entering in deep water is hard if you have not learned it
- ☐ Not there yet? Take lessons with an activity provider first

3 ROUTE & CONDITIONS

- ☐ Route, time and distance identified
- ☐ Area assessment completed
area significance, maps, terrain
- ☐ Weather and tides checked, gear or route altered to suit

2 CRAFT & CLOTHING

- ☐ Condition of your craft checked
- ☐ Suitable lifejackets for everyone
- ☐ Dressed for the temperature of the water, not the air
quick-dry materials, no cotton or denim
- ☐ Spare clothes packed

4 PEOPLE & EMERGENCIES

- ☐ Competence of everyone coming discussed
- ☐ Party briefed on activities, expectations, communications and emergency procedures
- ☐ First aid kit and personal medication packed
- ☐ Water, food, equipment and transport packed and checked
- ☐ Support, evacuation abilities and emergency procedures identified

TRIP INTENTIONS FORM

Let someone know where you are going and when you expect to return, especially paddling alone or on an all-day or overnight trip. Complete the form and leave it with someone reliable.