



# WHITewater KAYAKING CHECKLIST

## WHITewater KAYAK NEEDS

- Kayak (Creek, Play, or Downriver)
- Paddle
- P.F.D. (Type III) or Type V Rescue
- Spray Skirt
- Helmet
- Spare Paddle-Collapsible (optional)
- Dry Bag

## OUTERWEAR

### OUTER LAYERS

(DEPENDING ON SEASON AND CONDITIONS)

- Dry Top & Dry Pants
- Farmer John Wetsuit
- Dry Suit

### TOP LAYERS

- Long Underwear (lightweight)
- T-Shirt (Synthetic)
- Fleece Jacket/Pullover
- Rush Guards or synthetic tops

### BOTTOM LAYERS

- Fleece Pants

### HANDWEAR

- Neoprene Paddling Gloves or Pogies

### HEADWEAR

- Skull Cap (Neoprene)
- Helmet Visor

### FOOTWEAR

- Wetsuit Booties or Paddling Shoes
- Sandals
- Socks (Wool & Neoprene)

## SAFETY

### ON YOU

- Whistle
- River Knife
- Watch
- Cowtail (Optional)
- Short Tow Line

### IN THE BOAT

- Throw Bag
- Rescue/Z-Drag Kit
- Headlamp & Batteries
- Float Bags (Front & Rear)
- Duct Tape, repair necessities
- First Aid Kit
- Water Purification Bottle
- Signal Mirrors

## PERSONAL

- Sunglasses w/ Strap
- Sunscreen
- Quick-Dry Towel
- Lip Balm
- Water Bottle
- Nose Plugs
- Ear Plugs

## MISCELLANEOUS

- Camera w/ Dry Bag or Case
- Cell Phone w/ Dry Bag or Case
- Guidebook(s)
- Emergency Snacks (Gu, bars, etc.)
- Cam Straps
- Zipper Wax
- Outfitting Foam
- 303 UV Protectant

## RECOMMENDED READING

- Soggy Sneakers, by Pete Giordano
- Paddling Oregon, by Robb Keller
- Whitewater Rivers of Washington, by Jeff Bennett
- Whitewater Kayaking, by Ken Whiting
- Kayak, by William Neally

## ON-LINE RESOURCES

- PDX Kayaker: [www.pdxkayaker.org](http://www.pdxkayaker.org)
- Oregon Kayak & Canoe Club: [www.okcc.org](http://www.okcc.org)
- eNRG Kayaking: [www.enrgkayaking.com](http://www.enrgkayaking.com)

## VOCABULARY (A BRIEF INTRO...)

**Gnar:** Big, intense, difficult rapids.

**Stompin':** Fast-paced, high-volume.

**Burly:** Big, intense and lots of holes!

**Mank or manky:** A shallow rapid filled with sharp, chunky rocks.

**Carnage:** The result of running a manky rapid and getting worked. Implies swimmers and a garage sale of gear floating down the river.

**Sketchy:** The opposite of quality and not so good! (Something dangerous).

**Juicy:** High-volume, lots of water.