

Sierra Sea Kayakers Minimum Safety Equipment Requirement:

All Paddles:

- US Coast Guard Approved PFD (Personal Flotation Device)
- Bilge Pump/Bailing Device
- Signal Whistle
- Self-Rescue Equipment (Paddle Float or Equivalent)

Note: Don't wear cotton clothing for paddling, when it is wet it has no insulating value, and becomes very heavy.

Use synthetic materials such as Polyester or equivalent. Remember the (3) W's Wicking, Warmth, and Waterproofing, when dressing for paddling. Use a wicking layer next to your skin, then a light fleece layer if necessary for warmth, and a breathable waterproof/windproof layer on top.

You don't have to spend a fortune, Wal-Mart's AthleticWorks and Starter's Polyester under wear and shirts work fine.

Recommended additional Equipment (depending on the paddle location and duration)

- Personal First Aid Kit (Waterproof Container)
- Sponge
- Spray Skirt
- Paddle Jacket
- Repair Kit
- Wet Suit (Dress for Immersion)
- Dry Warm Clothes (in a dry bag)
- Signal Mirror (Ocean, lakes etc.)
- Fog Horn
- Signal Flares (Day and Night)
- Space Blanket/Space Bag
- Weather Radio (For Trip Leaders)
- VHF Radio (For Trip Leaders on Ocean and Bay paddles)
- GPS (For Trip Leaders on Ocean, Bay Paddles Large Lakes)
- Tow Rope (For Trip Leaders)
- Spare paddle (For Trip Leaders)

Notes:

This list is not intended to be all inclusive, nor cover every possible situation, as a kayaker we are each responsible for our own safety, and these items will significantly enhance your chances when something goes wrong.

Trip Host will determine additional safety equipment requirements using their best judgment for each trip.

USCG Recommends a Signaling Mirror as the best back up to a whistle for our type of craft.