

# PADDLING CHECKLIST

As you prepare to **ACCESS YOUR ADVENTURE™** this checklist is sure to be of some help.

## **Gear**

- Properly fitting personal flotation device (PFD, life jacket)
- Paddle
- Water bottle or hydration pack
- Sun protection (hat, sunglasses, sunscreen, lip balm)
- Weather-appropriate clothing (quick-dry preferred)
- Dry bag for personal items (phone, credit card)
- Waterproof phone case or whistle
- Footwear that can get wet (water shoes, sandals)
- Snacks or energy bars
- Towel/change of clothes for post-paddle
- Lake/area map
- Sponge
- Towel
- Dry clothes, socks, shoes

## **General Safety**

- Review of basic self-rescue techniques
- First aid kit (compact, waterproof)
- Float plan shared with a friend or family
- Knowledge of wind/water conditions
- Know how to contact emergency services

## **Group or Family**

### **Pre-Paddle**

- Headcount and matching gear for each person
- Group briefing: safety rules and destination or path plan
- Life jackets fitted to each individual
- Check for ability level compatibility in the group
- Establish a buddy system (especially for children)

### **During Paddle**

- Maintain visual contact
- Monitor energy levels, hydration, and behavior
- Stop at intervals to regroup and rest

### **Post-Paddle**

- Final headcount
- Check for missing or damaged equipment
- Rinse and stow gear properly

# FLOAT PLAN

As you prepare to **ACCESS YOUR ADVENTURE™** this example float plan can be an important aid. A simple email or text of this information could save a life or save a lot of undue effort on the part of emergency responders.

## Example

Name: John Smith  
Date: June 10, 2025  
Launch Location: Panther Creek State Park, Cherokee Lake  
Geo Coordinates: 36.20700, -83.41955  
Launch Time: 10:00 AM  
Expected Return Time: 12:30 PM  
Craft Type: Sit-on-top kayak, lime green  
Companion(s): Solo  
Phone: (555) 123-4567  
Emergency Contact: Jane Smith (555) 987-6543

Route: HIVE kiosk > Launch ramp > paddle to Clear Point > explore coves > return to launch

Notes: I'll check in when off the water. If you haven't heard from me by 2:30 PM, please call or text.

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## Form

Name:  
Date:  
Launch Location:  
Launch Time:  
Expected Return Time:  
Craft Type:  
Companion(s):  
Phone:  
Emergency Contact:

Route:

Notes: