

Paddle Board Daytripper Checklist	
Essentials	Options
<ul style="list-style-type: none"> • Paddle Board • Fins (with pins) • Hand pump (inflatable) • Paddle • Board leash • PFD <p>Clothing</p> <ul style="list-style-type: none"> • Dry bag for clothing • Wetsuit • Neoprene jacket • Dry suit or top • Paddling gloves • Neoprene booties or water shoes • Sandals • Helmet (whitewater) • Sun hat • Skullcap • Bandana or buff • Fleece cap or balaclava • Moisture-wicking T-shirt • Moisture-wicking long sleeve Tee • Moisture-wicking underwear • Rashguard • Swimsuit • Shorts • Sun-shielding shirt (long sleeves) and pants • Rain jacket and pants • Fleece jacket • Synthetic gloves 	<ul style="list-style-type: none"> • Paddle leash • SUP carry shoulder strap • Maps and charts in waterproof case • Compass • GPS • Matches/lighter/fire starter in waterproof container • Knife or multi-tool • 2-way radios • Cell phone in waterproof bag • Solar cell phone charger • Multi-function watch • Headlamp or flashlight • First-aid Kit • Emergency mylar blanket • iSUP Repair Kit • Extra fin • Bungee Cords • Dry bags (for gear organization) • Weather/VHF radio • Emergency signaling devices (whistle, mirror, flares) • Float bags • Emergency floating throw line (with throw bag) • Polarized Sunglasses with lanyard • Sunscreen • Lip balm • Water bottles (filled) • Water treatment method • Energy food (bars, gels, trail mix) • Beverages or electrolyte drinks • Lunch/Dinner • Cooler (with ice) • Camera • Go Pro • Binoculars • Small backpack for hike • Stuff Sacks (to supplement dry bags) • Insect repellent • Toilet paper and sanitation trowel • Permits and licenses • Fishing gear • Notebook and pen or pencil • Credit card; small amount of cash • Trip itinerary left with friend