



## LowCountry Paddlers Club Recommended Equipment List for Paddling Trips



These equipment guidelines are intended to assist LCP members in preparing for an LCP Club sponsored trip. This list is not intended to be "all inclusive". Each kayaker is responsible for their own safety and equipment selection and must use common sense to ensure that they are properly prepared for their trip. If you are unsure, please talk with any Club officers, safety, trip coordinators or more experienced kayakers.

### Required Equipment for all LCP Paddling Trips

- **Kayak (Preferably with Flotation)** – A paddlecraft appropriate for the body of water and rating of the trip to be paddled.
- **Paddle** - Paddles should be in good condition.
- **PFD\*** - The Personal Flotation Device (Life Jacket) is a Coast Guard requirement for safety.
- **Whistle** - A Coast Guard requirement. Attach it to your PFD to make sure you have access to it, especially if you capsize.
- **Water & Food** - Maintaining hydration is extremely important in South Carolina. Take plenty of water. Even if there is no planned lunch stop, always pack extra snacks.

**Recommended Equipment** – These items are not required, but are highly recommended by the LCP to bring along on paddling trips.

- **Pump/ Bailer/ Sponge** - Used to empty an overturned kayak of water once you re-enter.
- **Hat & Sunscreen** - In South Carolina, these are highly recommended.
- **I.D. & Money** - Put these items in a waterproof bag with your emergency gear, preferably on your person, but is also acceptable in a hatch.
- **Spare Water & Sunscreen** - Although everyone should carry these items, a good Trip Leader will carry extra for other trip members.
- **First Aid Kit** - A simple first aid kit should contain such items as over-the-counter medications, compression bandages, band-aids, tape and antiseptic cream.
- **Cell Phone** – Carried in watertight container or specially designed pack for use in near-shore, populated areas.
- **Spare Paddle** – It is always a good idea to have one in the event of loss of your primary paddle.

### Recommended Equipment for Paddlers with Training in their Use

- **Knife** - An emergency piece of equipment which should be stowed safely on your person with a lanyard attachment to prevent loss.
- **Tow Rope, Quick Release** - A tow rope with a quick release feature.
- **Kayak Repair Kit** - The repair kit should contain masking tape, metal screws, wire and any other items which might be used to repair a kayak.
- **VHF Radio** - VHF Radios are recommended for unpopulated areas, open ocean and areas where cell phone reception may be poor.
- **GPS** – One per group - helps keep track of the trip and can be essential if you are going to new or unpopulated areas.
- **Paddle Leash** - Can come in handy if you overturn in rough water.
- **Spray Skirt** – This is very handy to have with you, or on you, to keep your cockpit from getting excess water in it in the event of rain or waves. If you have a sprayskirt, you should be experienced in performing a wet exit with it.

### **Required Supplemental Equipment for Level 4 Trips** (Open Ocean / Rough Water)

- **Kayak With Flotation** – Properly outfitted sea kayaks or site specific kayaks with bulkheads, properly fitting hatch covers and in good repair. Any kayak that fails these requirements will be turned away by the Trip Leader.
- **Spray Skirt** - All advanced kayakers use their spray skirt in order to edge their kayak properly. It is definitely a requirement in the open ocean.
- **Spare Paddle** - A requirement for safety in the open ocean.
- **Compass and Map/Chart** - A great suggestion for the open ocean or any rough water.

### **For Night Paddles**

- **Light** - The Coast Guard requires that you carry a light for signaling other boats between official Sunset and official Sunrise (published daily in newspapers and online).

### **\*A Note About Inflatable PFDs**

- LCP's Position - The Coast Guard states that inflatable PFDs are acceptable as flotation devices as long as they are worn (not just on the boat). However, because the Trip Leader is responsible for safety on his/her trip, the Trip Leader may determine if inflatable PFDs are acceptable for his/her trip. LCP Trip Leaders who do not want inflatable PFDs on one of their trips should state this clearly in the pre-trip communication with the participants. The Trip Leader might also consider bringing an additional regular PFD if someone should come to their trip with an inflatable PFD.