

CHECKLIST

PADDLE BOARD EXCURSION

Essentials

- Board
- Paddle
- Leash
- Fins
- Paddle bag
- Board bag
- Pump (for inflatable boards)
- Repair kit, spare screws, small screwdriver (the one included in your fin bag)

Clothes

When the water is 70 degrees or less :

- Wetsuit
- Gloves
- Booties
- Wool socks
- Toque

When the water is 70 degrees or more :

- Rashguard
- Bathing suit
- Water shoes or sandals
- Hat
- Windbreaker

Safety

- PFD (personal flotation device) or inflatable waist bag
- Whistler
- Bouyant rope of at least 15 meters
- Navigation light

Personal items

- Drybag
- Sunscreen SPF 30+
- Lip balm SPF 15+
- Sunglasses
- Water bottle
- Compact towel
- Snacks/Lunch
- Cash/Credit Card
- First aid kit
- Cellphone