

LOAPC Trip Participant Recommendations – revised 6/17/2012

Each participant is responsible for bringing the specified equipment and having the skills specified by the trip organizer. The trip organizer has final say on whether participation is allowed, and whether the trip is cancelled.

Participants are responsible for contacting trip organizer to ask whether their gear is appropriate for the trip.

Minors participating in a trip must be under parental supervision.

Recreational trip checklist:

Equipment:

- Life Jacket
- Appropriate boat – with flotation. Check with trip organizer if you have questions about your boat
- Paddle
- Clothing appropriate for weather and water temperature that day/trip
- Sun protection – hat, sunscreen, etc.
- Extra dry clothes as appropriate for expected conditions
- Dry storage for food and clothing
- Food/water as needed
- Personal medication as needed

Skills:

- Able to swim
- Basic paddling skills – launch/land, strokes, bailing out your boat
- Ability to be on the water for the expected duration of the trip
- Appropriate physical condition

Rivers / Moving water checklist

Everything for recreational trip, plus:

Skills:

- River paddling skills – be able to recognize and maneuver away from obstacles, strainers, etc.
- Know how to swim safely in current

White water checklist

Everything for river/moving water trip, plus:

Equipment:

- Boat and paddle appropriate for whitewater, with flotation or built-in sealed bulkheads
- Kayaks must have spray skirt
- Canoes must have secured flotation
- An appropriate helmet designed for whitewater paddling

Skills:

- Whitewater paddling skills (eddy turns, peel-outs, ferries) – appropriate to the difficulty of the river
- Whitewater rescue skills – know how to safely swim in a rapid
- Kayak roll is highly recommended
- Canoe rescue skills and/or roll

Contact trip organizer for specifics

Coastal / open water checklist

Everything for recreational trip, plus:

Equipment:

- Boat and paddle appropriate for open water, with flotation or built-in sealed bulkheads and perimeter deck lines
- Kayaks must have spray skirt
- Pump for bailing cockpit

Skills:

- Deep-water rescue skills, assisted and solo
- Ability to control boat in wind and waves

Contact trip organizer for specifics