

**RACCC Lakewater Training: Paddle Canada Certification Courses: CHECK LIST**

√ WHAT YOU NEED TO BRING: Tandem and Solo: LAKEWATER PADDLING SESSIONS:	
<b>Paddle Canada Certification Courses: Waiver Form: BRING WITH YOU TO THE COURSE!</b>	
<b>Paddle and PFD:</b>  (PFD: Personal Flotation Device –a “lifejacket”)	<ul style="list-style-type: none"> <li>• <i>It is important that you are comfortable in your PFD: you will be wearing it throughout the course.</i></li> <li>• <i>The RACCC has paddles and PFD’s that students can use during the course.</i></li> <li>• <b>*NOTE: We recommend you don’t purchase these until after the course as we will provide tips on how to choose a PFD and Paddle. We encourage you to have your own PFD and Paddle.</b></li> </ul>
<b>Pea-less whistle</b>	<ul style="list-style-type: none"> <li>• All participants need to have their own (pealess) whistle attached to their PFD. (e.g. a Fox Whistle – available at outdoor equipment stores)</li> </ul>
<b>Lunch and snacks</b>	<i>NOTE: we will not be near any restaurant or store</i>
<b>Medications</b>	<ul style="list-style-type: none"> <li>• Make sure this is waterproofed. Please advise the lead instructor where it is stored, in case we need to assist you.</li> </ul>
<b>Water</b>	<ul style="list-style-type: none"> <li>• 2 Litres per day (more if it is a hot/sunny day.)</li> <li>• (with some way to attach it to your bag)</li> </ul>
<b>Sun protection:</b>	<ul style="list-style-type: none"> <li>• a hat, sunscreen, sunglasses</li> </ul>
<b>Bug protection:</b>	<ul style="list-style-type: none"> <li>• bug repellent</li> <li>• bug jacket (if you have one)</li> <li>• Long sleeved shirt, long pants (quick dry)</li> </ul>
<b>Weather appropriate clothing</b>	<ul style="list-style-type: none"> <li>• <b>Be prepared for heat, cold, rain, sunshine</b></li> <li>• <b>Cold weather layers</b> (merino wool or polypropylene) : light base layer, medium layer, fleecie or wool sweater, wind jacket</li> <li>• <b>Hot weather:</b> cotton or quick dry shirt and shorts or pants</li> </ul>
<b>Rain coat and pants</b>	<ul style="list-style-type: none"> <li>• <b>Be prepared for rain</b></li> </ul>
<b>Glasses Band or string</b>	<ul style="list-style-type: none"> <li>• To keep your glasses on while canoeing</li> </ul>
<b>Footwear</b>	<ul style="list-style-type: none"> <li>• Be prepared to get your feet wet</li> <li>• Wear quick-dry and/or wool socks with any one of (in order of recommendation):               <ul style="list-style-type: none"> <li>○ neoprene socks with water shoes or neoprene booties</li> <li>○ old sneakers</li> <li>○ crocks or sandals (in warm weather and water conditions)</li> </ul> </li> </ul>
<b>Waterproofed bag or dry bag</b>	<ul style="list-style-type: none"> <li>• To organize your things in the canoe with you.               <ul style="list-style-type: none"> <li>○ <b>Make sure your electronic keys and phones are in a waterproof container!</b></li> <li>○ <b>Do not bring valuables to the course.</b></li> </ul> </li> </ul>
<b>Dry Clothes and towel</b>	<ul style="list-style-type: none"> <li>• in case of an accidental swim</li> </ul>
<b>Foam pad or knee pads</b>	<ul style="list-style-type: none"> <li>• To kneel on. (this is optional – but very helpful!)</li> </ul>
<b>Solo Courses: ‘saddle’</b>	<ul style="list-style-type: none"> <li>• A drybag stuffed (sleeping bag or Bubble wrap) 15-20” diameter</li> </ul>
<b>Cash</b>	<ul style="list-style-type: none"> <li>• To contribute to transportation and parking costs.</li> </ul>
√ FOR THE POOL SESSIONS: (to include: Swim, PFD use, Canoe over canoe)	
<ul style="list-style-type: none"> <li>• <b>Bathing suit or wetsuit, PFD, towel</b> (water shoes are optional).</li> </ul> <p><i>NOTE: Canoe rescues and in water entries will result in “undignified positions” : you may want to wear shorts or capris over your swim suit.</i></p>	

## Adventure Smart: 10 Essential Survival Items



Here are the 10 basic survival items to have with you in any outdoors situation, whether you're out for a few hours or few days.

**Do you have one?**

**What's in yours?**

**Why would it be a good idea to have one with you?**

**How would each of these items be useful?**

1. Flashlight, spare batteries (and bulb)
2. Fire making kit: waterproof matches/lighter, fire starter/candle
3. Signaling device: whistle (and a mirror)
4. Extra food and water
5. Extra clothing (rain, wind, water protection, toque)
6. Navigation aids (map/compass)
7. First Aid Kit (know how to use it)
8. Emergency Shelter (orange tarp or orange garbage bag?) :-)
9. Pocket knife
10. Sun protection (glasses, sunscreen, hat)

### **NOTE:**

*These are not the specialized/essential pieces of equipment that you would bring for a camping trip (e.g. tent, sleeping bag and mat, stove, pots, food..etc.)*

### **Transport Canada, requirements (by law) to have in the canoe:**

- Throw Rope (50')
- Bailer (an opening of at least 65 cm<sup>2</sup> and a capacity of at least 750 mL.)
- Waterproof Flashlight (If on the water between dusk and dawn)
- PFD per person in the canoe (wear it)
- Whistles

### **Per Transport Canada guided excursion requirements:**

*Paddle, First Aid Kit, Hypothermia Kit (if the water is colder than 15 C.), Navigation kit (map, compass)*

*Leave your float plan with a responsible person on shore ('guardian angel'): your route, dates/time, # of participants (Names would be good).*

### **For more information:**

<https://www.paddlecanada.com/new-transport-canada-vessel-regulations-for-guided-excursions/>