RACCC Lakewater Training: Paddle Canada Certifica	ation Courses: CHECK LIST
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V	WHAT YOU NEED TO BRING: Tandem and Solo: LAKEWATER PADDLING SESSIONS:			
	Paddle Canada Certification Courses: Waiver Form: BRING WITH YOU TO THE COURSE!			
	COVID MASK	Follow the current RACCC Covid Protocol		
	Paddle and PFD:	• It is important that you are comfortable in your PFD:		
		you will be wearing it throughout the course.		
	(PFD: Personal Flotation	• The RACCC has paddles and PFD's that students can use during		
	Device –a "lifejacket")	the course.		
		 *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.		
	Pea-less whistle	 All participants need to have their own (pealess) whistle 		
		attached to their PFD. (e.g. a Fox Whistle – available at		
		outdoor equipment stores)		
	Lunch and snacks	NOTE: we will not be near any restaurant or store		
	Medications	 Make sure this is waterproofed. Please advise the lead 		
		instructor where it is stored, in case we need to assist you.		
	Water	 2 Litres per day (more if it is a hot/sunny day.) 		
		 (with some way to attach it to your bag) 		
	Sun protection:	 a hat, sunscreen, sunglasses 		
	Bug protection:	bug repellent		
		 bug jacket or Long sleeved shirt, long pants (quick dry) 		
	Weather appropriate	Be prepared for heat, cold, rain, sunshine		
	clothing	Cold weather layers (merino wool or polypropylene) : light		
		base layer, medium layer, fleecie or wool sweater, wind jacket		
		• Hot weather: cotton or quick dry shirt and shorts or pants		
	Rain coat and pants	Be prepared for rain		
	Glasses Band or string	To keep your glasses on while canoeing		
	Footwear	 Be prepared to get your feet wet 		
		 Wear quick-dry and/or wool socks with any one of 		
		(in order of recommendation):		
		 neoprene socks with water shoes or neoprene booties 		
		 old sneakers 		
		\circ crocks or sandals (in warm weather and water conditions)		
	Waterproofed	• To organize your things in the canoe with you.		
	bag or dry bag	• Make sure your electronic keys and phones are in a		
		waterproof container!		
		 Do not bring valuables to the course. 		
	Dry Clothes and towel	in case of an accidental swim		
	Foam pad or knee pads	 To kneel on. (this is optional – but very helpful!) 		
	Solo Courses: 'saddle'	• A drybag stuffed (sleeping bag or Bubble wrap) 15-20" diameter		
	Cash	• To contribute to transportation and parking costs.		
٧	FOR THE POOL SESSION	IS: (to include: Swim, PFD use, Canoe over canoe)		
	Bathing suit or wetse	it, PFD, towel (water shoes are optional).		
	NOTE: Canoe rescues and in water entries will result in "undignified positions" :			
	you may want to wear shorts or capris over your swim suit.			

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 cm2 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/