

# PERSONAL EQUIPMENT

## Checklist

Personal equipment for a river trip should be suited to your craft, trip, weather, and duration. **Add items necessary for your trips in the blank spaces below.**



☐ **LIFE JACKET**

☐ **OUTERWEAR**

☐ **FOOTWEAR**



☐ **WHITEWATER-SPECIFIC HELMET**

☐ **RIVER KNIFE**



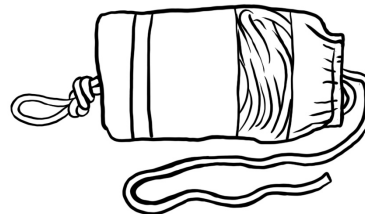
☐ **WHISTLE**

☐ **NOSE AND/OR EAR PLUGS**

☐ **ELBOW PADS**

☐ **HEAD LAMP**  
(plus extra batteries)

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☐ **THROW ROPE**

☐ **SUN PROTECTION**  
Sunglasses, sun-protective clothes, and sunscreen

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