**Sea Kayaking Ten Essentials**

1. Navigation (Chart and compass – deck or orienteering type)
2. Spare clothing in a dry bag
3. Water
4. Food
5. First aid supplies
6. Lighter or waterproof matches
7. Sun protection (sun screen, hat, sunglasses with retainer strap)
8. Illumination (flashlight or headlamp)
9. Emergency shelter appropriate for the trip (space blanket, tarp, or tent)
10. Repair kit appropriate for trip and gear

**Sea Kayak Related Essentials**

* Sea kayak with flotation in both ends

Flotation can be compartments separated from the cockpit by bulkheads or bags specifically designed to provide the kayak flotation. A sea sock should be used in boats without bulkheads, but is not adequate flotation without float bags.

* Paddle
* Bilge pump
* Paddle float
* Spray skirt
* USCG approved PFD
* Appropriate clothing for the conditions encountered seasonally
* Whistle

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**Sea Kayak Related Essentials**

 \_\_\_\_\_• towbelt

\_\_\_\_\_ • knife

\_\_\_\_\_ • contact tow rope

\_\_\_\_\_ • Helmet

\_\_\_\_\_ • spare paddle

\_\_\_\_\_ • VHF radio