

Cowichan Kayak & Canoe Club Participants Checklist (2026)

Minimum Requirements for Club Paddles:

- Read and agree to follow the [CKCC Group Paddling Guidelines](#).
- Wet Exit and Assisted Re-entry.
- Assisted-Rescue: All paddlers must be able to assist others in a rescue.

Note: If you do not meet these requirements [Contact us](#) so we can help you get started.

Decision to Participate:

- Do I have the skills & stamina to be safe, keep up and enjoy this outing?
- Do I have confidence in my skills and stamina to handle rough or poor conditions that could arise?
- Do I have the required equipment? (See below and specifics for each trip on MeetUp).

Required:

Seaworthy boat:

- Watertight bulkheads
- Watertight hatch covers
- Static perimeter deck lines appropriate for use in rescues

Safety Equipment/Info:

- Personal Floatation Device (Must be worn - Inflatable type not permitted)
- Bailer (or bilge pump)
- 15m heaving line accessible from seated position
- Sound signaling device (whistle or air horn)
- Spare paddle accessible from cockpit
- Spray-skirt
- Appropriate clothing, including cold-water immersion gear if specified by the Trip Leader (typically a drysuit or full wetsuit with paddle jacket, such as a Farmer Jane/John, when water temperature is below 15°C)
- Paddle float easily accessible in case of capsized
- Drybag with full change of clothes for emergency
- Tide, current, weather forecasts
- Sun protection (hat, sunscreen)
- Drinking water & quick energy snack

Recommended:

- Chart & Compass
- First Aid Kit
- Boat repair kit
- Lunch
- Health Information and Emergency Contact in PFD
- VHF Radio - Restricted Radiotelephone Operator's Certificate required available [here](#)