

Watersports Safety Checklist

Pre-Departure:

- [Check the Weather Forecast](#) (Temperatures Air/Water, Winds Speeds/Directions, Waves)
- [Check the Tides](#) (Hi/Lo Times, Flood/Ebb Currents)
- [Plan the Route](#) (Put-In/Take-Out, Distances/Times, Maps/Charts, Courses/Waypoints)
- [File a Float Plan](#) (Names, Emergency Contacts, Destination, Planned Return)
- [Check the Boat and all your Gear](#)

At Departure:

- [Life Jacket](#)
 - o Signals (Whistle, Light, Strobe, Flare, Mirror)
 - o Emergencies (Knife, Snacks, Wind/Rain Cover)
- [Safety](#)
 - o Paddle-Leash
 - o Spare Paddle
 - o Compass, Maps/Charts, GPS
 - o VHF, Cellphone, Weather Radio
 - o Radar Reflector
 - o Anchor
 - o Fire Extinguisher
 - o Searchlight
- [Floatation](#)
 - o Spray Skirt
 - o Hatches/Covers, Floatbags
 - o Paddle-Float
 - o Bilge-Pump, Bailer, Sponge
- [Clothing/Personal](#)
 - o Wetsuit, Drysuit, Splash-Top
 - o Hat/Helmet, Gloves
 - o Socks, Shoes/Boots
 - o Spare Clothing (no Cotton), Towel, Dry-Bag
 - o Sunglasses, Visor
 - o Sunscreen, Bug Repellant, Chapstick
 - o Cushion/Pad
- [Emergencies](#)
 - o Throw-Rope
 - o Tow-Strap
 - o Ditch-Bag
 - Signals (Whistle, Light, Strobe, Flare, Mirror)
 - VHF, Cellphone, Money/CC
 - Compass
 - First Aid Kit
 - Papers (Boat, Personal)
- [Backups](#)
 - o Food, Water, Lighter/Matches
 - o Batteries
 - o Repair Kit (Tools, Parts, Duct Tape, Tie-Wraps, Velcro)
 - o Lines, Bungees
 - o Shovel, TP ("Leave No Trace")