

Trip Leader's Worksheet

What to bring list for kids

- signed waiver (download fro Kayak Amelia website)
- change of clothiers
- foot gear that will get wet
- sunscreen
- water / sports drink
- medical info (i.e. allergies, medical condition)
- emergency contact info
- medications if needed

While on the water

- Do head count before and while on the water
- Who will be leader? _____ who will be sweep? _____
- Who is in charge of first aide kit? _____
- Who will handle medical emergencies? _____
- Review with participants what to do if they get separated from group
- Make sure leaders have each others cell phone numbers

Suggested safety gear for kayak trips

- First Aide kit
- tow rope
- dump clothes (in cool weather)
- bilge pump
- cell phones