

Kayak and Paddle Trip Plan

Put the trip on paper before you launch and leave a copy behind, so somebody knows where you went and when to worry.

Where you are going, when you are due back and who to call if you are not — left with somebody on shore.

LEAVE A COPY WITH SOMEBODY ON SHORE

The most useful part of this sheet is the copy you leave behind. No conditions, grades or go/no-go limits are printed here: what is safe depends on the water, the weather, the boat and the paddler, and that judgement is yours and your group's on the day.

HOW TO USE THIS SHEET

- 1
- Fill it in before you load the boats, and give a copy to somebody who is not coming.
- 2
- Set an overdue time, and say plainly what that person should do when it passes.
- 3
- Tell them when you are safely off the water. An unnecessary callout is worse than an awkward phone call.

THE TRIP

Date	Water or route	Put in	Take out
Planned start	Expected off water	Overdue time — call for help after this	Escape points
Vehicle and where parked	Registration	Shuttle arrangement	

GROUP

Name	Boat and colour	Experience	Buoyancy aid	Next of kin	Phone

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KIT AND CONDITIONS CHECKED

- ☐ Buoyancy aids worn and fitted
- ☐ Buoyancy in every boat checked
- ☐ Helmets where needed
- ☐ Throw line and first aid kit
- ☐ Spare paddle
- ☐ Phone or radio, waterproofed and charged
- ☐ Forecast checked, wind and rain
- ☐ Tide, flow or river level checked
- ☐ Warm layers and spare clothing
- ☐ Food and water

Left this plan with

Their phone

Called them on return at