

A.L.L. Outdoors—Paddler’s Checklist



⇒ WHAT WE PROVIDE FOR EACH PADDLER:

- Personal Floatation Device (PFD) - Required to be worn at all times when on the water
- Kayak—We have a variety of types, models, and sizes of single-person kayaks. Tandem kayaks are available on some trips/class.
- Paddle
- Glowsticks for Kayaks—Moonlight Kayak Trips only
- Safety Equipment—As needed based on the trip/class.
- Paddling Helmet—Whitewater helmets will be provided for all river trips with Class I or higher rapids. Helmets are required for all Introduction to Moving Water Kayaking 1, 2, or 3 courses and any River Safety & Rescue Clinics.

You are welcome to bring your own PFD, kayak, helmet, and/or paddle on any of our trips or clinics. Our staff reserve the right to ask you to use our equipment if they deem it necessary for any reason.

⇒ WHAT YOU SHOULD BRING:

- Wear weather appropriate clothing—Dress to be IN the water!
Wear loose, comfortable clothing that dries quickly. Please over-dress for the weather as conditions in the outdoors (even in the summer) can change quickly. We **strongly** suggest bringing synthetic (non-cotton) clothing. When wet, cotton clothing gets very heavy, doesn’t dry, and will lose its insulation value completely.
- Wear closed-toe shoes that attach securely to your feet—Do NOT wear open toe sandals or flip-flops.
- Water —We recommend a minimum of one quart per person per two hours you expect to be on the water.
- [Completed City of Rock Hill Liability Waiver](#)—Please read this document carefully as it concerns your legal rights should an incident occur while on your trip.
- Any important medications you may need (i.e. Epi pens & Benadryl, inhalers, insulin, etc)
- Extra set of clothing for the ride home—Plan to be at least a little wet by the end of your trip or class

⇒ CONSIDER BRINGING THE FOLLOWING: Based on the season, anticipated weather, and duration of your trip or class

- Insulating Layer(s) - *The weather can change quickly in the outdoors. It is always good to have at least one more layer than you think you will need!*
- Wind/Rain Layers
- Eye/Sunglasses (w/ retaining strap)
- Hat
- Sunscreen
- Snacks and/or Lunch
- Waterproof Camera

⇒ THINGS TO REMEMBER:

- We will contact you via email or phone call if your trip or class is cancelled due to inclement weather.
- Please arrive 20 minutes before your course start time to get settled, complete your waiver, and meet your guides/instructors.
- Exact trip duration depends on many factors. Variable water levels, group paddling speed, and weather conditions will impact your trip length and duration.
- If you have any questions about your trip or class please contact C.C. Williams at 803-329-5527 or alloutdoors@cityofrockhill.com