



Stand Up Paddle Boarding (SUP) Checklist

Use this checklist to make sure you have everything you need for a fun day out on the water!

Paddling Equipment

- Stand-up paddle board (SUP)
- PFD (Personal flotation device)
- Pump (for inflatable SUP)
- SUP fins
- SUP leash or board leash
- Paddle
- Rescue whistle
- Headlamp or flashlight
- Waterproof bag
- iSUP repair kit

Optional:

- Fishing gear
- SUP carry strap
- SUP transport cart
- Paddle case
- Action camera mount
- _____
- _____
- _____

Personal Items

- Sunscreen (SPF 30+)
- Lip balm (SPF 15+)
- Sunglasses and leash
- Cash and credit card
- Phone and charger
- Water bottle or hydration pack
- Snacks or packed lunch
- Insect repellent (as needed)
- Towel
- Watch
- Camera
- _____
- _____
- _____
- _____
- _____

Safety Equipment

- Tow rope
- GPS
- Two-way radios
- First aid kit
- Weather/VHF radio guidebook
- Maps and charts
- Solar charger for your phone
- Compass
- Knife

Clothing & Footwear

- Wetsuit for warm water/weather
- Dry suit for cold water/weather
- Bright-coloured rashguard
- Board shorts or swimsuit
- Hat or beanie
- Water shoes or sandals
- _____
- _____
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