**Plan**

* Introductions
  + New boaters and/or inexperienced boaters
* Description of run
  + Breaks, lunch
  + Bathroom locations, optional take out points
* PFD and/or helmet recommendations
* Sweep? Waterproof Radio Communications?
* Count boaters
* Signal with patting hand on head for are you ok? Responder pats head for yes

**River Conditions**

* CFS
* Temperature
* Speed (estimated duration of trip)

**Paddle Signals**

* Horizontal Over Head: Stop where you are
* Vertical in the air: Come to me
* Pointing (with paddle or hand): go that direction ("point positive")

**Whistle Commands**

* 1: Stop
* 2: Look Upstream
* 3: Look Downstream
* 3 Repeated: Emergency

**Emergencies**

* Nearest Hospital
* Helivac Spots on river
* Cell phones, GPS
* Medical Gear location
* Medically trained personnel
* Rescue Gear (Throw bags, Mechanical Advantage)
* Rescue trained personnel

**Wet Exits**

* Self-Rescue: upright kayak, stuff paddle in kayak, swim to easiest shore location
* Swimmer to grab stern handle of nearest kayak
* Separate kayaker attach detachable tow rope to loose kayak
* Help with the "garage sale"

**End**

* Count boaters
* Arrange transport, keys?

**What to Carry in your Water Craft**

Essentials: Kayak, Paddle, Spray Skirt, Bow and/or Stern air bags

**Absolute Minimum First Aid Kit**

SAM Splint

ACE Bandage

Coban or Vet Wrap

Rolled Gauze

1" Tape, Elasticon

Moleskin and/or Molefoam

Bandaids, various sizes

Insect Sting Spray

Tick Tweezers

Alcohol pads

CPR Mask

**Optional Medical Gear**

Medic Scissors (Penny Cutters)

Triangle Bandage

Butterfly Bandages

Non-Latex Medical Gloves

**Safety Gear**

Helmet, PFD, whistle, knife

Thermal Protection: wet suit/dry suit, gloves, pogies, spray skirt, wet suit cap, booties

Throw Bag with carabiner

Mechanical Advantage: 2 pulleys, 2 prusiks, 3 carabiners, anchor webbing

Bilge Pump, sponge

Kayak tow rope - easily detachable by rescuer

Duct Tape

Emergency Blanket

Cell Phone with ICE in waterproof case, waterproof radio(s)

Night: flashlight, headlamp, flashing beacon, glow sticks on helmet

Spare Paddle

**Comfort Items**

Food & Water

Sun Tan Lotion, Lip Balm

Sun Glasses

Wide Brimmed hat - if Class 1 water, or during breaks

Dry clothes & towel (in a dry bag)

Bug Spray

Kleenex/Toilet Paper

**Personal Items**

Medications: Epi-Pen, Benadryl