

## Paddler Checklist

- Race number stickers**  
Affixed at the front of the paddle craft
- Personal flotation device**  
A personal flotation device at level 50s or above is required to be worn at all times; refer to the DoT website for details
- Backrest**
- Bright clothing/lights/hat (NO helium balloons)**  
To help your swimmer/s and support boat identify you
- Sunglasses with a strap**
- Sun cream**  
Remember to put cream on your feet!
- Hydration**  
A backpack drinking system is ideal; have available refills from your support boat
- Long pants**
- Gloves**
- Head-to-toe clothing**  
(e.g., Kalahari hat, sunglasses, long sleeve rashie/thermal, gloves, thermal or neoprene long pants and booties) Prepare for sun and extreme temperatures; it can be cold at the start, especially if you fall in
- Water-tight bag**  
To transport valuables such as keys and phone to take to the support boat
- Carabiners or tie downs**  
To secure your belongings and bags to the paddle craft