



River SUP Gear List:

- Board
- Paddle
- Personal Flotation Device: USCG approved
- Whitewater helmet
- Shoes
- Proper clothing for the day (appropriate for water and air temperatures. Avoid cotton.)
- Leash:(?) This is a personal decision. If you are going to wear a leash it should be on a quick release system that can easily be reached (somewhere on your upper body, not your ankle or leg)
- Whistle
- Padding: Knee and elbow pads
- Throw Bag
- River Knife: These are especially important if you choose to wear a leash
- Water bottle
- Dry Bag/box with safety items
 - Form of communication: Cell phone or radio
 - Small repair kit
 - Medical kit
 - Extra clothing layers
 - Food

Communications:

Whistles:

- 1 Blast: Attention
- 2 Blasts: Attention Upstream
- 3 Blasts: Attention Down Stream
- 3 Blasts repeated: Emergency

Common Paddle Signals



Help/Emergency
Wave the paddle in a circular motion over your head.



Stop
Hold the paddle over your head horizontally.



Go This Way
Point the paddle toward direction of travel.



Come Ahead
Hold the paddle up vertically.