

## **Mallorytown Poker Run: Safety Rules to choose from**

### **Canoe Gear Checklist - Required**

Extra paddle

PFD – one per person and extra one. Wear one! (not the law but a good idea! )

Signaling Device – whistle

Emergency throw line

Bailer

### **Canoe/Kayak gear list - suggested**

Sunglasses

Sunscreen/sun shielding hat

Lip balm

Water bottles

Appropriate clothing for weather - study weather before heading off

Kayak rescue aid (like a paddle float)

Kayak skirt if weather is windy/wavy

Sponge

Don't overload your canoe!

No boating for kids under 9 kg (Transport Canada recommendation as there is no appropriate PFD)