

# Kayaking

## CHECKLIST

- Kayak
- Backrest
- Paddle
- PFD
- Paddle leash
- Spray skirt
- Roof racks
- Tie down straps
- Gloves
- Dry bags/dry storage box
- Headlamp
- Whistle
- GPS
- Compass & map
- First aid kit
- Paddling socks & wet shoes
- Folding knife
- Helmet
- Hydration pack/bladder
- Throw bag
- Paddle float
- Hat & sunglasses
- Sunscreen
- Insect repellent
- Bilge pump
- Non marking, non slip sandal



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the adventure starts here

### Paddling clothing

- Neoprene shorts & pants
- Paddling jacket
- Thermal clothing
- Rash vest

Notes:

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## LEAVE NO TRACE PRINCIPLES



Anaconda is a proud supporter and platinum sponsor of the Leave No Trace organisation, who educate Australians on how to minimise their impact and inspire responsible travel and recreation in our great outdoors.

More people than ever are participating in kayaking and with Australia's boundless coastlines, rivers and lake systems, it is imperative that we take care and leave no trace of our adventure in these wild places.



### Plan ahead and prepare

Prepare for extreme weather, hazards, and emergencies.  
Gain skills and obtain the correct gear for kayaking that will keep you safe.  
Know the regulations and obtain any relevant permits for the area you'll visit.  
Paddle with a buddy or small group for safety.  
Repackage food to minimise waste.

### Travel and camp on durable surfaces

Choose a durable site to launch your kayak such as sandy or gravel embankments in the intertidal zone.  
Lift your boat wherever possible to lessen the impact.  
Do not set up camp in sand dunes, choose a durable site below the high tide zone or on sand bars in river corridors.

### Minimise campfire impacts

Check local regulations and observe total fire ban days before lighting a fire. Consider if a fire is really necessary.  
If you need a fire, use an established fire ring. If there is no fire ring, excavate a shallow depression in the sand below the high tide line. Be sure to remove and scatter all ash before filling in depression. Use only dead and downed wood that is around 50cm long and no thicker than your wrist. Ideally use a portable stove to cook.

### Dispose of waste properly

"Pack it in, pack it out". Take out all rubbish, food and litter in stuff sacks or zip lock bags.  
Do not dump oil overboard.  
In ocean environments, transport solid human waste to disperse into deep water that has strong current and wave action.

### Leave what you find

Leave rocks, shells, other natural objects and historical artefacts as you find them, take lots of photos instead.

### Respect wildlife

While on the water, observe wildlife from a distance and avoid startling them.  
Do not feed fish, birds and other wildlife as it can cause them to be reliant on human food and could cause serious illness.  
Store your food in containers marine life cannot access.

### Be considerate of your hosts & other visitors

Think about other visitors that are enjoying the peace and solitude, try to keep noise to a minimum.