

# Winter Paddling Gear

Based on [BWA Meeting Presentation](#)  
On 1/10/12 by Hanley and Larry

# Winter Paddling Gear

- To safely and comfortably paddle in cold weather – you need to be prepared
- Main concerns
  - Maintaining core body temperature
  - Maintaining mental capacity/awareness
- We'll cover the following gear categories
  - Clothing - “dress to swim, dress to be warm, dress to move”
  - Safety/Survival Gear

# Clothing

- Base layer
- Outer layer
- Head protection
- Foot protection
- Hand protection

# Clothing – Base Layer

- Fleece or neoprene shirt and pants
- Protection from cold
- No cotton
- Fleece must be tight fitting
- Fleece not as warm as neoprene when wet



# Clothing – Outer Layer

- Dry-suit or dry-top and dry-pants
- Protection from water and wind
- Recommend dry-suit or dry-pants have built-in 'socks' or 'booties'



# Clothing – Head protection

- Fleece or neoprene skull cap or full hood needed
- To prevent “surfer's ear”, skull cap must have ear flaps (or use ear plugs)



# Clothing – Foot Protection

- Neoprene or wool socks
- Water shoes (no laces)



Navy



# Clothing – Hand Protection

- Gloves and/or pogies
- Pogies are the warmest
- Gloves may be needed when out of boat or during rescue





# Minimal Safety/Survival Gear

- Normal “pin-kit” or “z-drag kit” - for intended purpose and can be used to make shelter
  - 2 locking carabiners, throw rope, prussick loops, tubular webbing – see more [here](#)
- Small first-aid kit – adventure type
- Fire starter kit(s)
  - Ignition: lighter, metal match, waterproof matches
  - Tinder: WetFire, cotton balls impregnated with Vaseline, paper bags coated in paraffin

# Minimal Safety/Survival Gear

- Space blanket or Heetsheet
- Flashlight
- Potable Water
  - Treatment: Carry iodine or other method
  - Transportation: Consider carrying a collapsible bottle
- Food: like granola bars – high calorie/weight
- Cell phone

# Minimal Safety/Survival Gear

- Optional
  - Small compass & maps if in isolated location
  - Duck tape
  - TP
  - Larger first-aid kit
- Place gear in dry box, dry bag, or Nalgene bottle
- Consider putting fire starter kit in PFD pocket