

Sea Kayaking Log

Date _____

day trip multi-day

in group _____ # of kayaks _____

Who has the first aid kit? _____

Where are the flares? _____

Camp Location

Wind _____ Barometer _____ steady rising falling

Weather/Sea State _____

Intended Route/Destination _____

Actual Route/Destination _____

Stretching: Before After

Start Time: _____ Finish Time: _____ Total Time: _____

Time on Water: _____ Distance _____ Cumulative Distance _____

Food: _____

Fluids/Snacks _____

First Aid: administered equipment used _____

Equipment: maintenance cleaning problems _____

Highlights of the Day / Activities / Skills taught or learned _____

Animals/Sights _____

see reverse

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