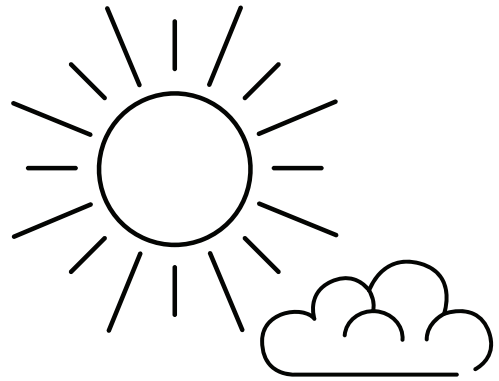


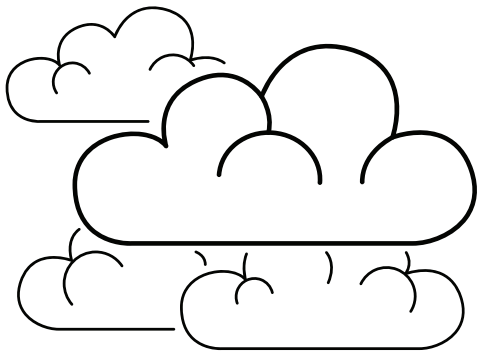
**Sunny Day Hot Day**  
**35-40°C**

1.



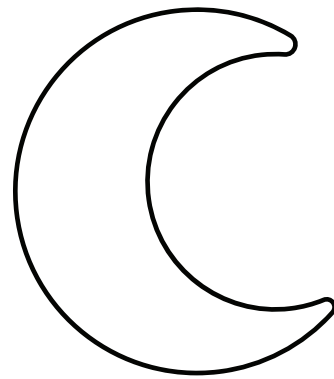
**Blue Bird Day**  
**18-22°C**

2.



**Overcast**

3.



**Night**

4.



2.

Blue sky and moderate temperatures are great for physical activity. However, you need to know what the wind is doing and if it's going to cool you down, especially when wet.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



1.

Hot days are great for getting wet, they often come with a high UV index, a need for extra water and smaller bursts of activity to prevent heat exhaustion.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



4.

It's dark out and the nocturnal wildlife are awake. When the sky is clear, and the moon is bright you can see ok, but it can be difficult to make out shapes and know what's there or how close.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



3.

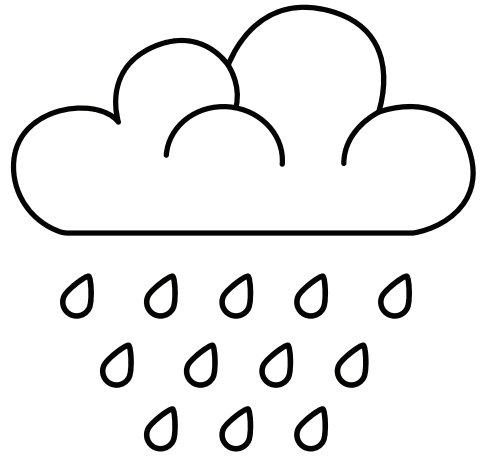
The sun might not be out but that doesn't mean the UV index isn't high or that there's no blinding glare off the water.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



**Heavy Rain**

5.



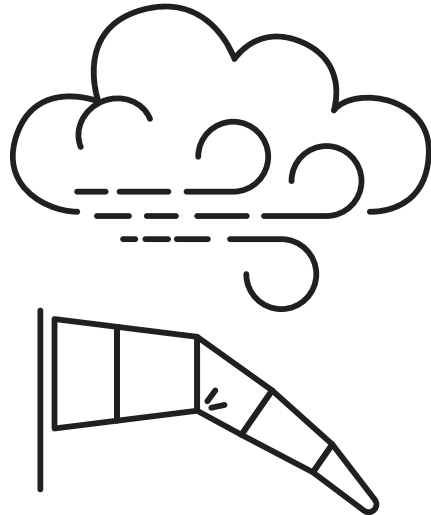
**Showers**

6.



**Lightning  
Storm**

7.



**Light Wind**

8.



6.

Intermittent (on/off) showers might increase the speed of water flow in small streams, making rocks and water banks slippery. You might need to prepare to keep dry or be able to dry off a few times.

1800 SCOUTS | [scoutsvictoria.com.au](https://scoutsvictoria.com.au)



5.

Short bursts of heavy rain might be ok in some locations. Long periods of heavy rain or rain in areas with terrain traps can funnel water and rivers can rise rapidly, and currents become faster.

1800 SCOUTS | [scoutsvictoria.com.au](https://scoutsvictoria.com.au)



8.

Generally light wind is not a big problem for strong paddlers but can add to wind chill cooling you when wet.

It is harder to paddle against a head wind and if you stop paddling in still water you will be pushed with the wind.

1800 SCOUTS | [scoutsvictoria.com.au](https://scoutsvictoria.com.au)

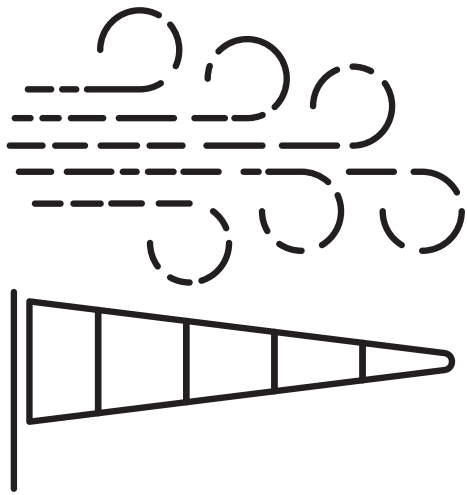


7.

Electrical storms can be a risk. Most injuries are not from being directly struck by lightning but from electricity traveling around or from falling tree branches that were struck. Remember if lightning is within 15km of you on a weather radar, or you can hear thunder you need to exit the water and wait 30 minutes after it has stopped.

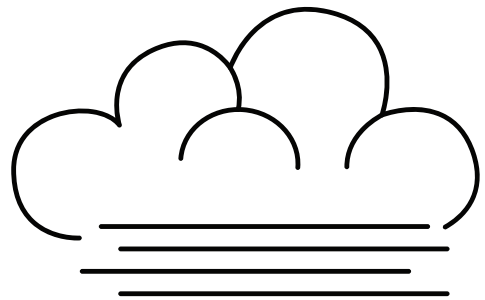
What lightning facts do you know?

1800 SCOUTS | [scoutsvictoria.com.au](https://scoutsvictoria.com.au)



**Strong Wind**

9.



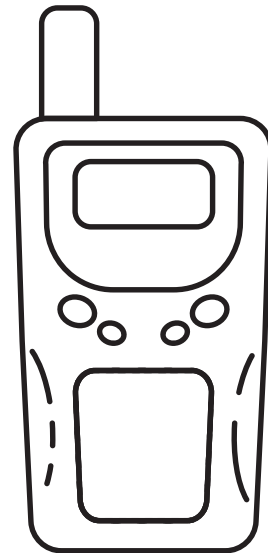
**Fog**

10.



**Voice**

11.



**Radio**

12.



10.

Inland waters are often coated by fog early in the morning when we start our trips. It might be harder to see what's ahead or where your buddies are if you spread out too much.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



9.

Heavy wind can push you upstream in a river even if the river is moving. In the ocean or lakes, wind pushing you away from shore is a big concern as you may not be able to paddle back to shore. Remember a north wind is coming from the north and will push you south.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



12.

A handheld radio is good for communicating with a base camp, another group, or between party leaders in difficult conditions.

Communication needs to be clear and short on a radio.

You also need to keep it waterproof and be able to use your hands to operate a radio.

What are you using it for?

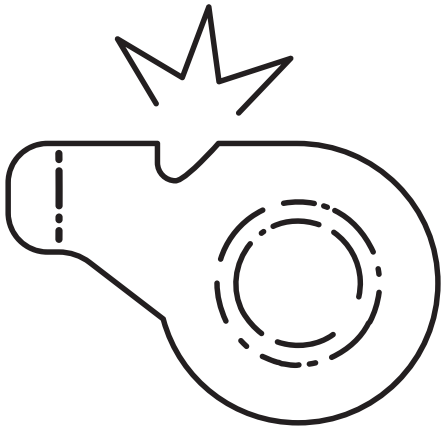
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



11.

Voice is great for giving a lot of information quickly and chatting to your mates. However, it doesn't travel long distances without yelling and is hard to hear over white water or strong wind.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



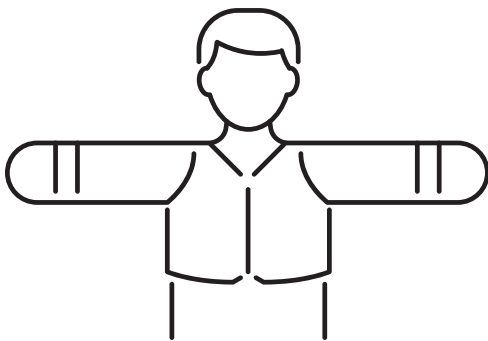
**Whistles**

13.



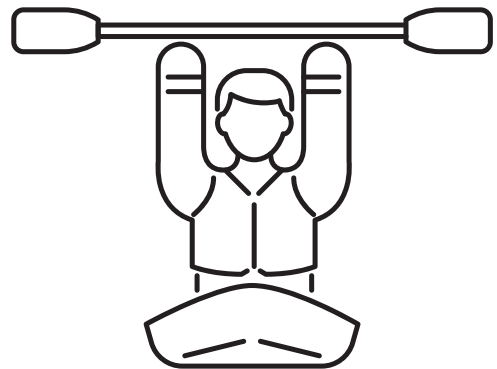
**Personal Locator Beacon (PLB)**

14.



**Hand Signals  
STOP**

15.



**Paddle Signals  
STOP**

16.



14.

PLB's are used in an emergency to alert that help, and emergency rescue is needed. They send a distress signal to satellite and gives your location.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



13.

This is a simple and clear communicator for noisy conditions and normally used to get attention or in an emergency.

Three sharp whistle blows are used to signal an emergency. One blow means all is OK or attention look hear.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



16.

Paddle signals are a great way to communicate simple instructions to your patrol.

A Paddle held still horizontally with both hands over head means "STOP".

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



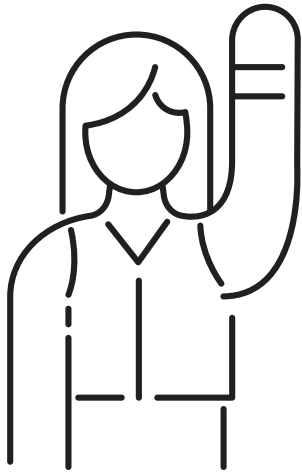
15.

Hand signals are a great way to communicate simple instructions to your patrol.

Arms held in a T position is the signal for "STOP" stay where you are.

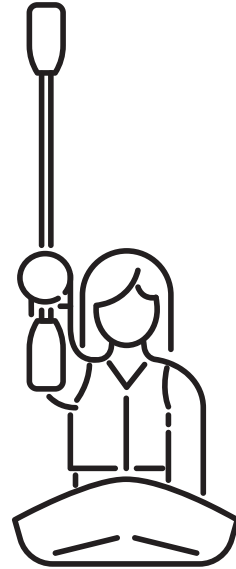
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)





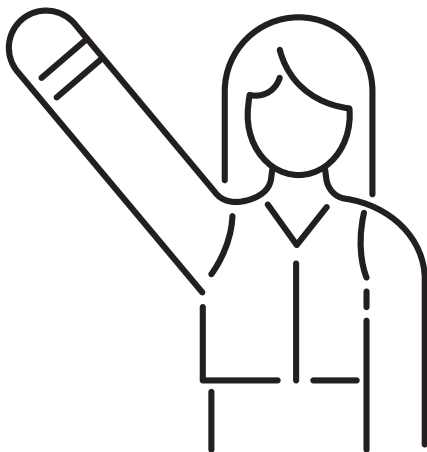
**Hand Signals  
ALL CLEAR**

17.



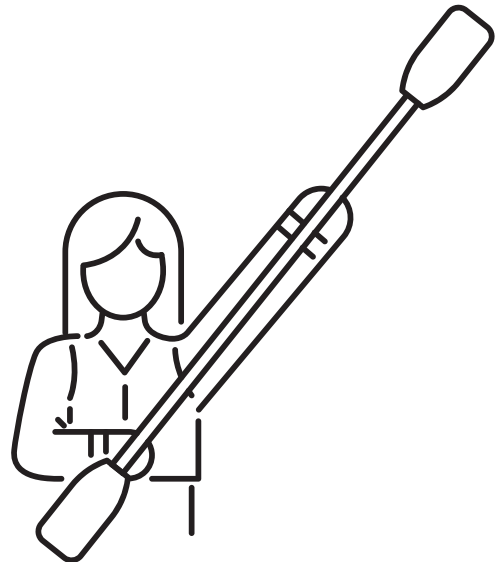
**Paddle Signals  
ALL CLEAR**

18.



**Hand Signals  
Left / Right**

19.



**Paddle Signals  
Left / Right**

20.



18.

Paddle signals are a great way to communicate simple instructions to your patrol.

A paddle blade held high above the head means "ALL CLEAR" or you're ok to paddle towards me or the passage is clear.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



17.

Hand signals are a great way to communicate simple instructions to your patrol.

One hand held high above the head means "ALL CLEAR" or you're ok to paddle towards me or the passage is clear.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



20.

Paddle signals are a great way to communicate simple instructions to your patrol.

Holding a paddle blade up diagonally to the sky signals to your partner to go Left or Right often around an obstacle. Simply point to the way to go.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

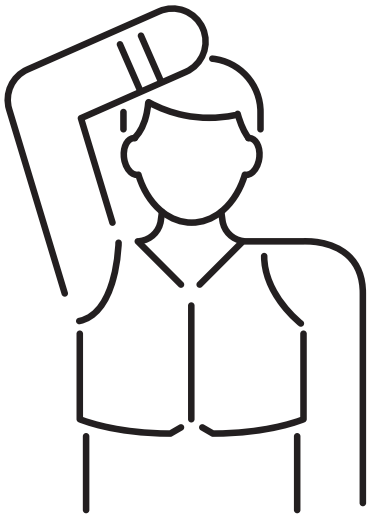


19.

Hand signals are a great way to communicate simple instructions to your patrol.

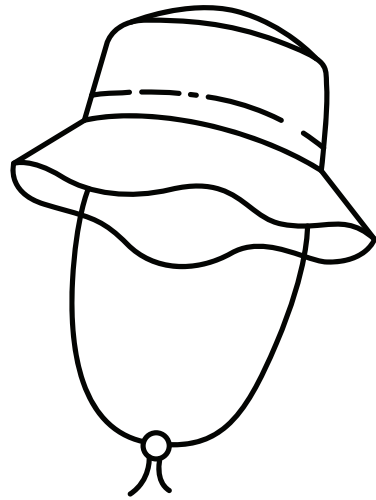
Holding an arm up diagonally to the sky signals to your partner to go Left or Right often around an obstacle. Simply point to the way to go.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



**Hand Signals  
OK**

21.



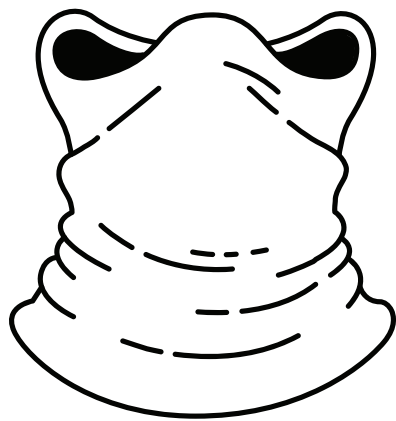
**Sun Hat**

22.



**Beanie**

23.



**Neck Gaiter**

24.



22.

Protect your neck and face from the sun, depending on your trip it may need to fit with a helmet.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



24.

Can either protect you from the sun or help keep warm after a trip.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



21.

Hand signals are a great way to communicate simple instructions to your patrol.

Taping your head with one hand signals "OK". It can be used to communicate you understand a signal but is an important signal used to say "I'm ok" after capsizing.

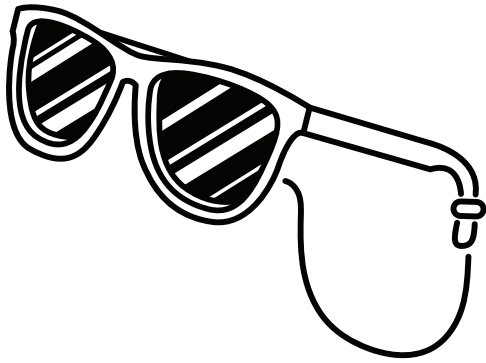
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



23.

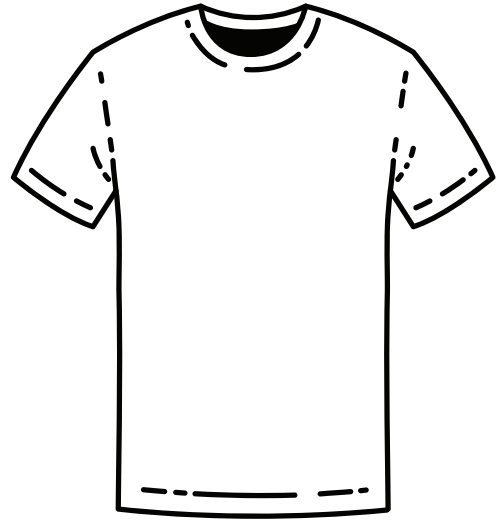
Keep your head warm in really cold water or something good to put on after you're done for the day to warm back up.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



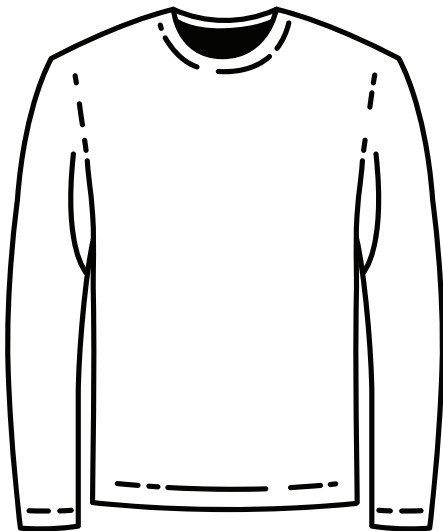
**Sunglasses**

25.



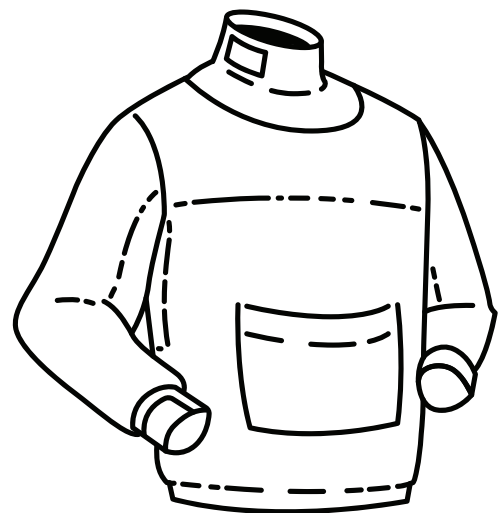
**Quick Dry  
T-shirt**

26.



**Full Length  
T-shirt**

27.



**Waterproof  
Cag**

28.



26.

Cotton tops will keep you cold,  
Quick dry tops are a better  
choice when you're likely to  
get wet.

Who is wearing the best  
top right now?

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



25.

Protect the eyes on a sunny  
day when reflections are bright  
off the water.

A sunglasses strap will be  
needed so you don't lose them  
if you fall in.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



28.

These waterproof tops have  
tight seals around the openings,  
so no water gets on your torso.  
However, they can be very hot  
to paddle in if used in the wrong  
conditions but are great when  
the water and wind are cold.

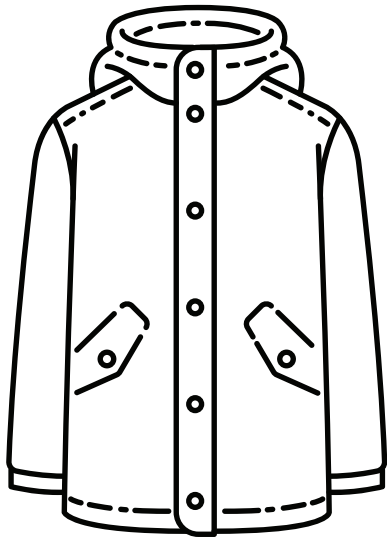
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



27.

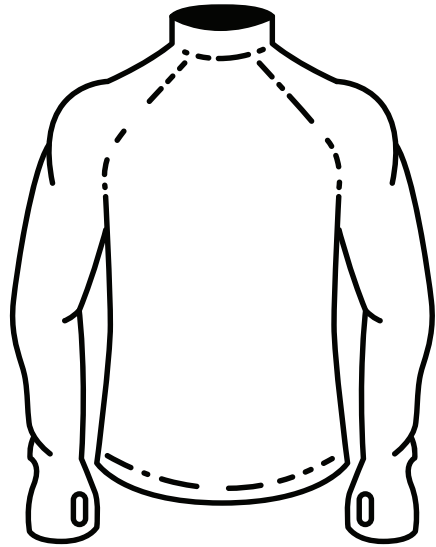
Full length t-shirts are great for  
keeping the sun off your arms,  
or protecting from a slight  
breeze, however, remember the  
sleeves are likely to go in the  
water when you're paddling.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



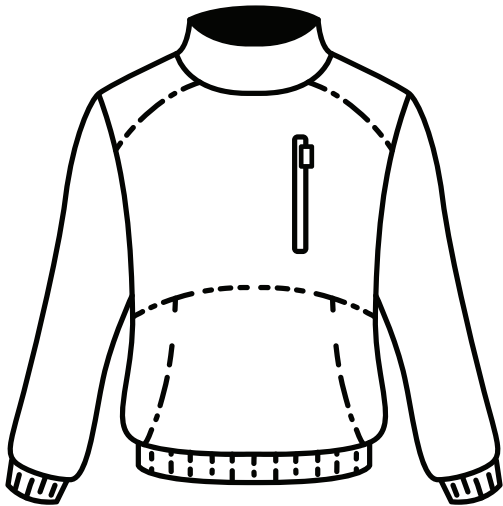
**Rain Jacket**

29.



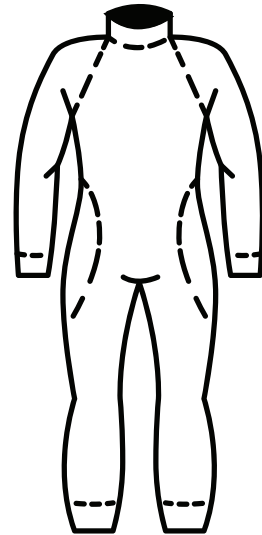
**Long Sleeve  
Thermal Top**

30.



**Fleece  
Jumper**

31.



**Full Length  
Wetsuit**

32.



30.



29.

Thermal tops generally keep you warm and even offer some insulation when wet. They are great to have on a trip when cold or just in case and they pack small.

Rain jackets are ok for a shower or if there is some rain when you're camping. But if you capsize, they will not keep you dry.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



32.



31.

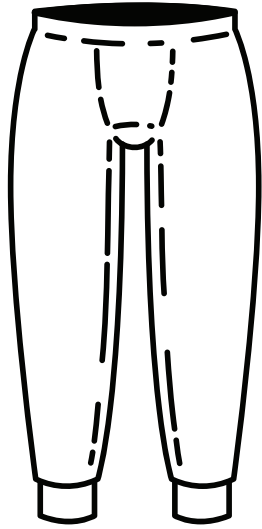
Good for cold conditions when you know you're going to get wet and keep you warm once wet.

Thes make good spare layers if cold, having a lunch break, or for after a paddling for the day.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

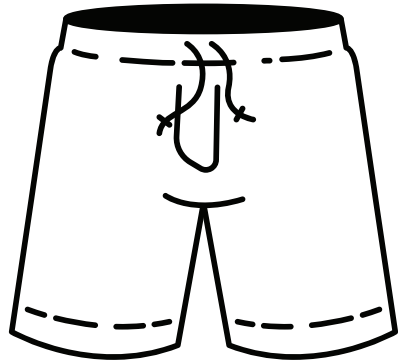
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)





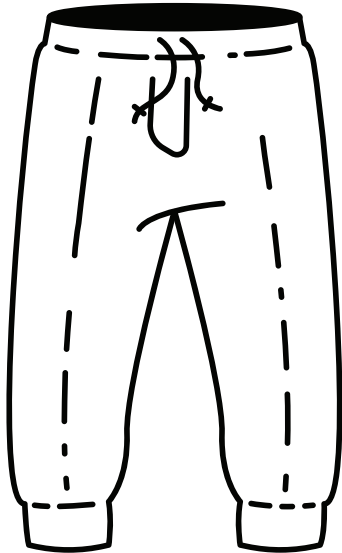
**Thermal  
Bottoms**

33.



**Water  
Shorts**

34.



**Fleece Pants**

35.



**Runners**

36.



34.

Quick dry and often good to put on even if you wear a wet suit to protect it from getting holes when you sit all day.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



33.

Thermal bottoms keep you warm and even offer some insulation when they get wet. They are great to have on a trip when cold or just in case. Since you're not using your legs when paddling they can keep your lower half warm.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



36.

Protect your feet when carrying a boat on land or when you must walk in the water. There are plenty of sharp things on the bottom of rivers and lakes.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



35.

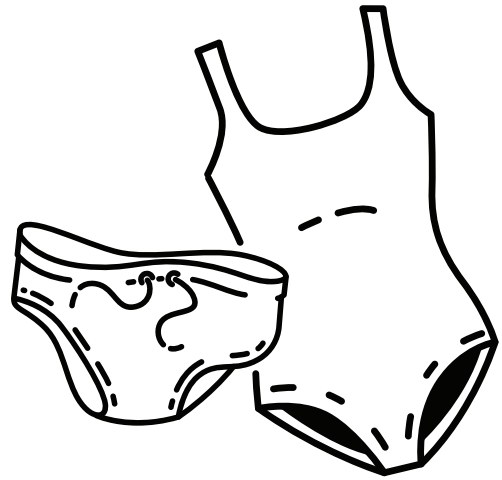
Great for the end of a paddling trip when getting dry or keeping warm at camp.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



**Sandals**

37.



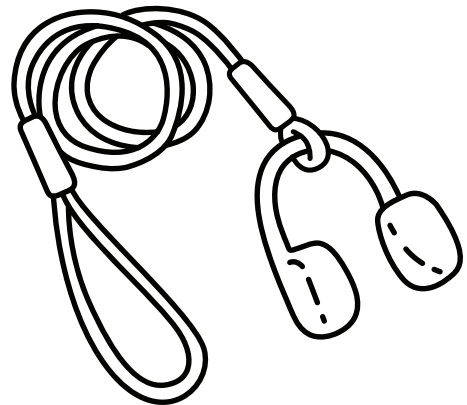
**Bathers**

38.



**Socks**

39.



**Nose Clip  
With Leash**

40.



38.

Often bathers are a more commutable underlayer than cotton undies and great if you're also going to swim.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



37.

Just like runners or river shoes, closed sandals protect your feet when walking in water. There are often lots of rocks and branches to stub your toes on so make sure they have something covering the toes.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



40.

Save this one for white water epics. Nose clips are helpful when you capsize a lot and don't like getting a lot of water up your nose. Unfortunately, you will need to breathe only with your mouth.

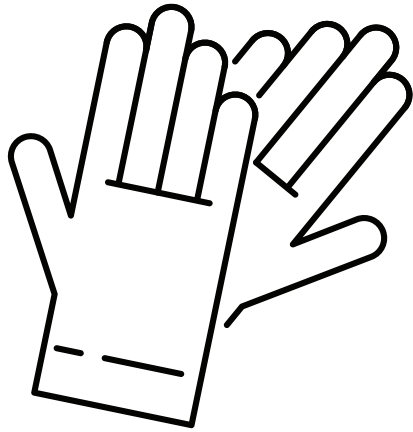
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



39.

Wool socks can be worn when paddling if you get cold feet but most of the time are saved for after we are done for the day.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



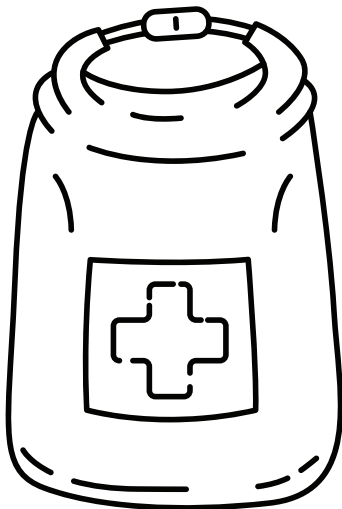
**Neoprene  
Gloves**

41.



**Free Choice  
Item**

42.



**First Aid Kit**

43.



**Throw Rope**

44.



42.

Free choice clothing item...

What is your item and why is it needed based on the cards you have selected?

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



41.

Great in cold water or if your thumb is blister prone when paddling. The downside is some find it can be harder to feel or grip the paddle.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



44.

Can be thrown from land or from a boat to help rescue a friend. Good throw ropes are high visibility (usually yellow) and float in water.

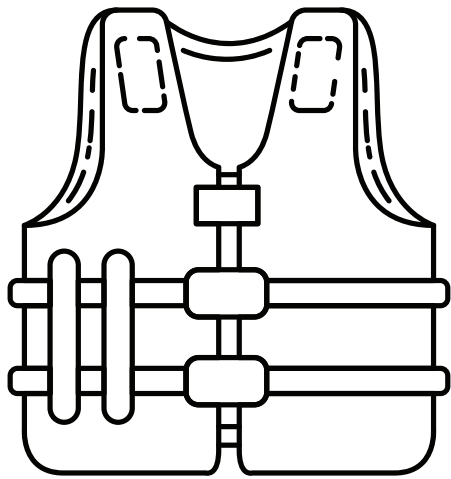
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



43.

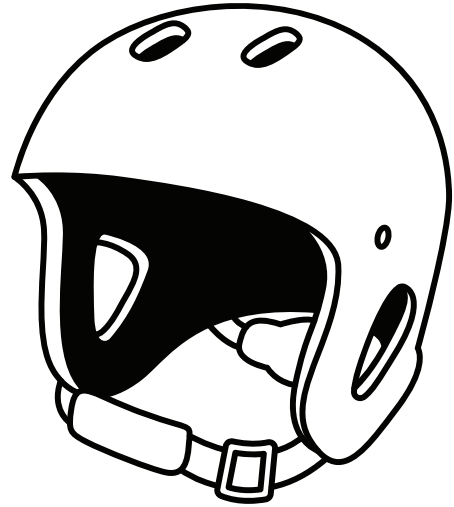
Are you going to have a group first aid kit or is everyone going to carry a small one? Don't forget you're in a wet environment.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



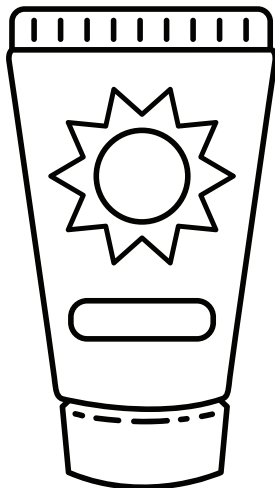
**Personal Flotation  
Device (PFD)**

45.



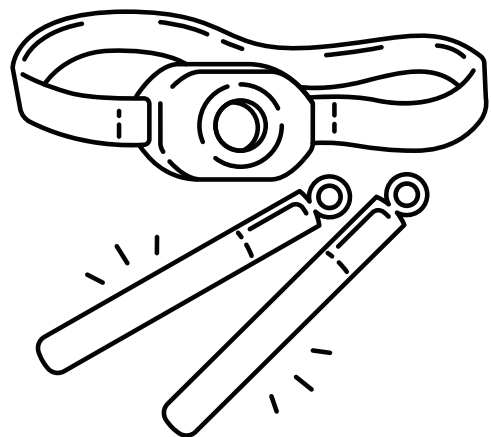
**Helmet**

46.



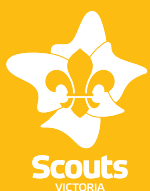
**Sunscreen**

47.



**Head Torch and  
Glow Sticks**

48.



46.

Paddle sport helmets have water drainage holes and are worn on moving water or when there are things to hit your head on under the water.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



48.

Useful for paddling at night or when camping.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



45.

Level 50 (Type 2) PFDs are most suitable for paddle sports allowing good movement and have high visibility. During canoeing, kayaking and rafting a fitted PFD is required by law.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



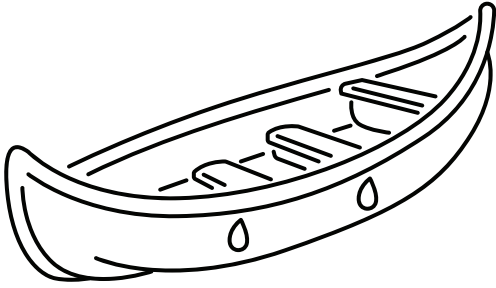
47.

Slip, \_\_\_\_, Slap, Seek, Slide. You know what sunscreen is for, but it does work.

During paddling you need to choose a water appropriate sunscreen and re-apply or cover up. Don't forget the reflections from the water.

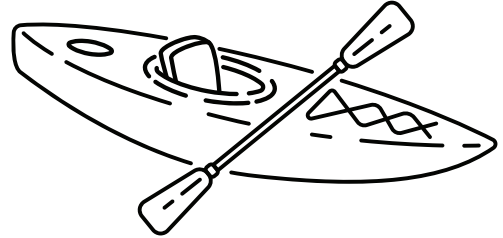
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)





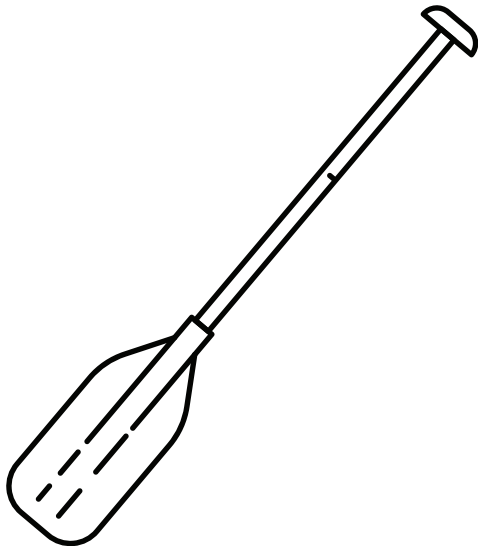
**Canoe**

49.



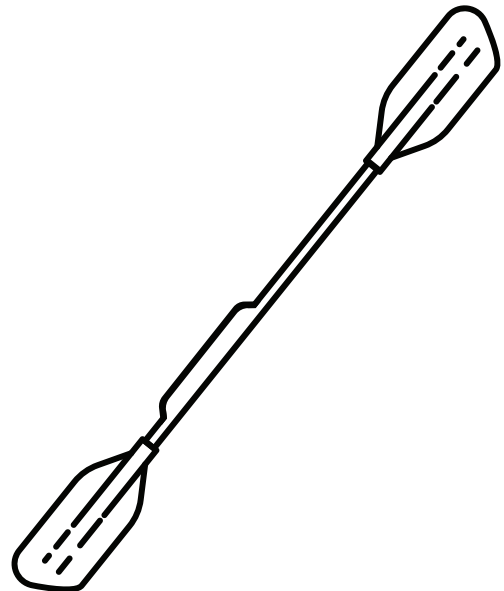
**Kayak**

50.



**Single Bladed  
Paddle**

51.



**Double Bladed  
Paddle**

52.



50.



49.

Usually, one person paddles with a double-bladed paddle. A K1 is a one-person kayak, and a K2 is a two-person kayak.

Usually paddled by two people.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



52.



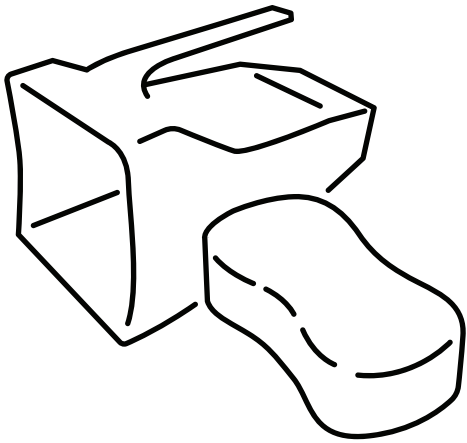
51.

Kayak paddle or double-bladed paddle. These paddles often have the blades on different angles from 90° to 15° depending on the type of water we are paddling in and the need to push through wind.

Canoe paddle or T-grip paddle.

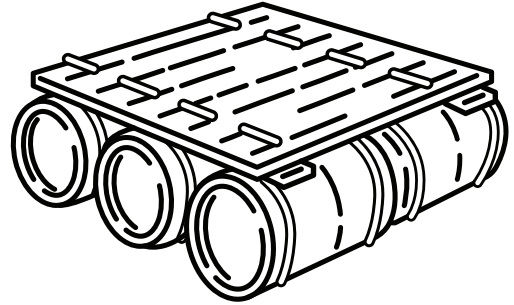
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



**Water Bailer  
and Sponge**

53.



**Constructed  
Raft**

54.



**Tent**

55.



**Cooking  
Equipment**

56.



54.

What equipment do you need to construct your raft?

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



56.

Let's think small and light in our kayaks. Cones have more space, but more things will make a heavy boat.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



53.

Cones, Kayaks and Rafts are required to carry something to bail water out of the boat when near the coast. You can make your own by cutting the end of a milk bottle. Remember to tie it on so it doesn't float away.

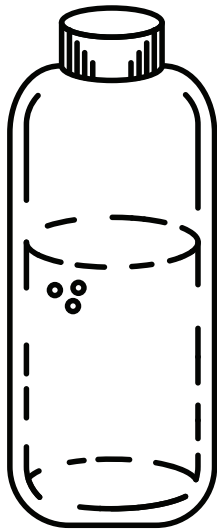
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



55.

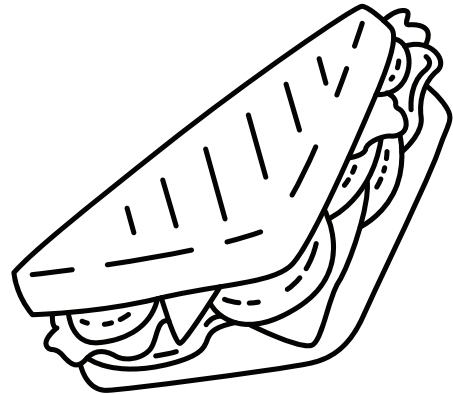
Needs to fit in your paddle craft on a journey.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



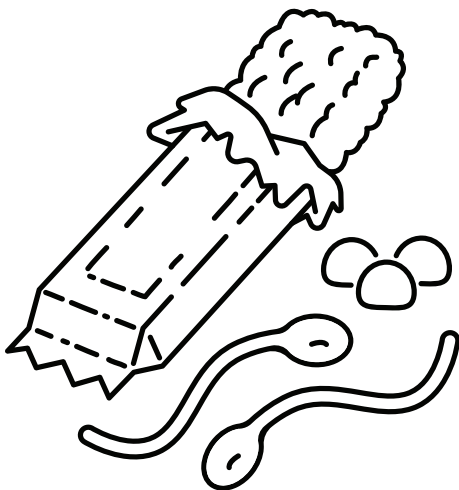
**Drinking  
Water**

57.



**Lunch**

58.



**Snack**

59.



**Dinner and  
Breakfast**

60.



58.



57.

Nom Nom Nom make sure we  
have enough food to stay  
energised and alert

Nom Nom Nom make sure we  
have enough food to stay  
energised and alert

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



60.



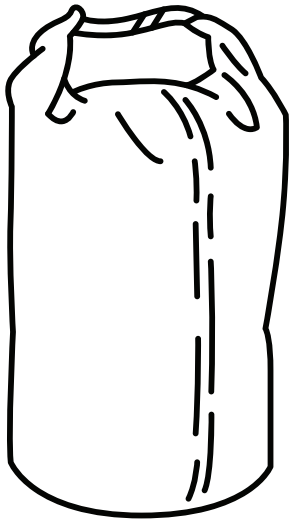
59.

Nom Nom Nom make sure we  
have enough food to stay  
energised and alert

Nom Nom Nom make sure we  
have enough food to stay  
energised and alert

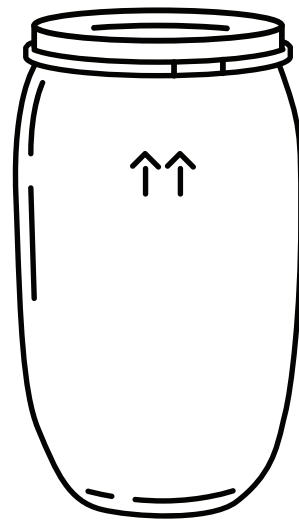
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



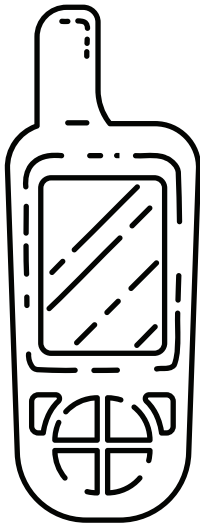
**Dry Bag**

61.



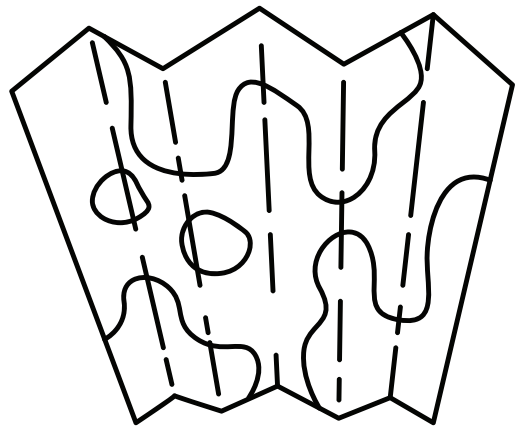
**Plastic  
Barrel**

62.



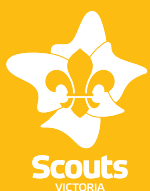
**GPS**

63.



**Map**

64.



62.

These big plastic barrels are great in a canoe or strapped to a raft and fit lots of stuff.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



61.

Flexible dry bags can easily be stuffed in to the back of a kayak if you don't over fill them.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



64.

It's a good idea to laminate your map and pre mark your camping spots as well as identifying landmarks so you don't past them.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

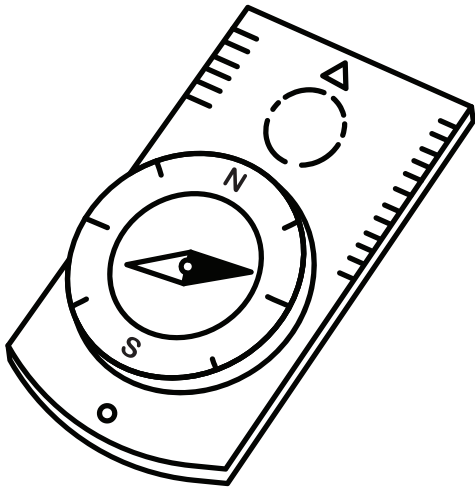


63.

Remember these only work with power and you may need to keep them dry.

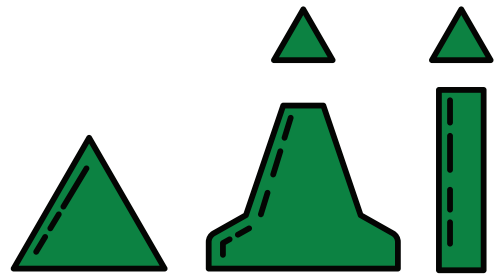
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)





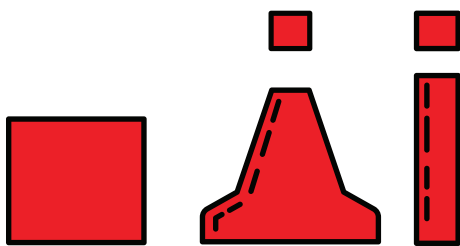
**Compass**

65.



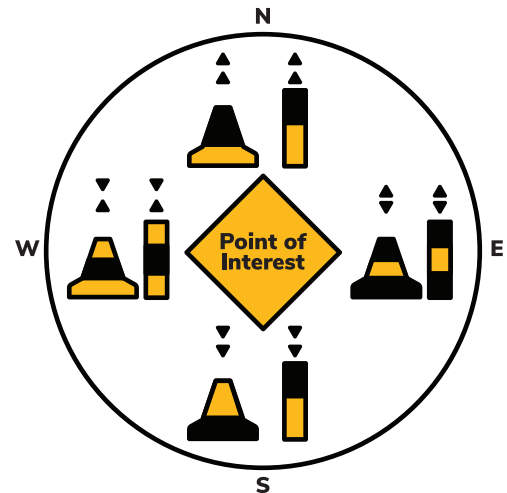
**Starboard Lateral Markers**

66.



**Lateral Markers:  
Port.**

67.



**Cardinal Markers**

68.



66.

Green buoy or post, that may have cone shape sign above it.

Green lateral markers indicate the starboard (Right hand) side of a channel when travelling into port or upstream. Cones and Kayaks should stay out of shipping channels.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



65.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



68.

Cardinal Markers are used to let boats and ships know what side of an obstacle, and the marker, it is safe to pass on.

Example, two up facing triangles or a bouy with a yellow bottom and black top means pass this on the north side.

Study the image you will notice each buoy has a different color patten. At night If the markers have a flashing light it will flash the number of times according to its position on a clock so 3 flashes = East.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

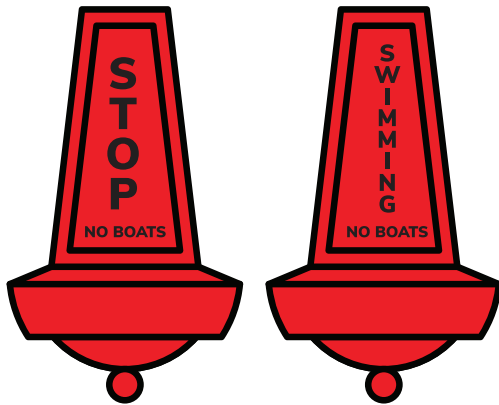


67.

Red buoy, post, or cylinder (can) shaped sign.

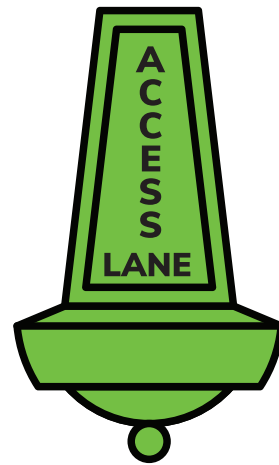
Red lateral markers indicate the Port (Left) side of a channel when travelling into port or upstream. They may have a event number Cones and Kayaks should stay out of shipping channels.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



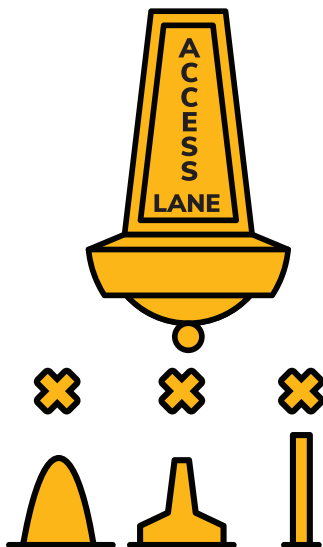
**Red Mini Bouy**

69.



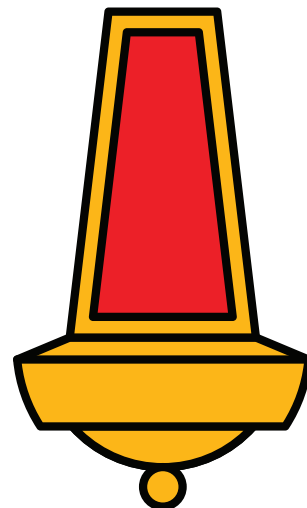
**Green Mini Bouy**

70.



**Solid Yellow  
Marker**

71.



**Red and Yellow  
Mini Buoy**

72.



70.

On Inland waters green mini buoys mean unrestricted area between buoys, often this is a pickup location for Water skiing or ferry's so is likely to have motor or sail boats moving round. You need to know where boats are if going into this area.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



69.

On Inland waters like big lakes the red buoy means Stop no boating area. Often these may be reserved for swimming. You need to stay out of this area.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



72.

Indicates some sort of hazard to avoid.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



71.

Special marks are used to indicate a special area or feature.

Commonly they are used in no boating zones, special activity zones and speed restriction zones. Sometimes they have additional information and sometimes they do not. In coastal waters they may have an X above them.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



**STRONG  
CURRENTS**

**Warning Signs**

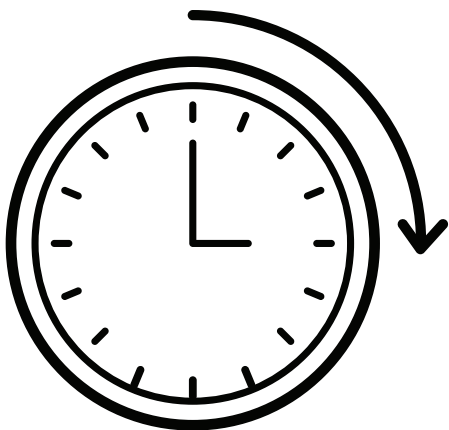
73.



**NO SWIMMING**

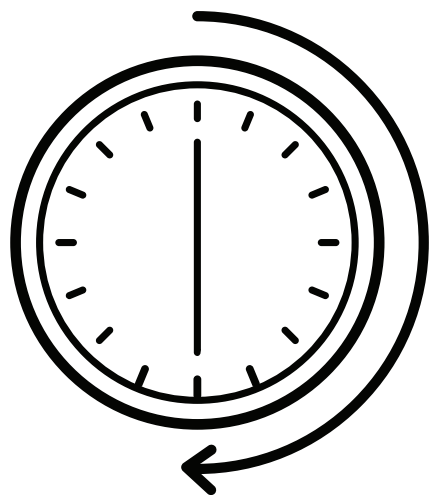
**Regulation/  
Rule**

74.



**Time  
3 hours**

75.



**Time  
6 hours**

76.



74.



73.

A circle sign with a red or green outline means something is regulated. If the sign is red like this one with a line through it then something is not allowed.

However, if the sign is green with no line it is allowed. And if it's red but has no line then it's allowed but there's some rule like a speed sign.

A yellow Diamond shape sign is a warning or advise of some risk that may not be obvious.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



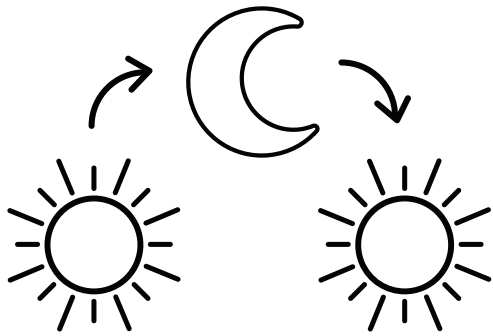
76.



75.

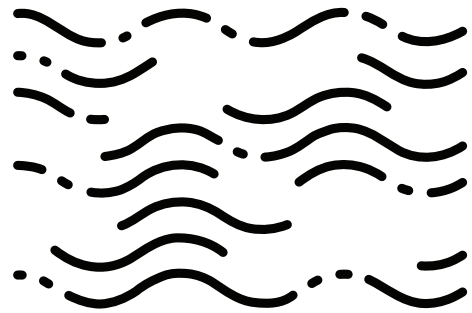
1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



**2 days  
1 night**

77.



**River**

78.



**Lake**

79.



**Ocean**

80.



78.



77.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)



80.



79.

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)

1800 SCOUTS | [scoutsvictoria.com.au](http://scoutsvictoria.com.au)