

Stay Cool While Boating: Summer Checklist

SHADE ESSENTIALS

- ☐ Bimini top or sun canopy
- ☐ Clip-on umbrellas or portable sunshade
- ☐ Towels or tarps for makeshift shade

HYDRATION & SNACKS

- ☐ Large water bottles (enough for all passengers)
- ☐ Electrolyte drinks (sports drinks or electrolyte packets)
- ☐ Hydrating snacks (watermelon, oranges, grapes)
- ☐ Limit alcohol (alternate with water!)

COOLING GEAR

- ☐ Cooling towels or neck wraps
- ☐ Portable fan or neck fan
- ☐ Handheld water mister
- ☐ Wet bandana or washcloth in cooler

WEARABLE COMFORT

- ☐ Lightweight, quick-dry clothing
- ☐ UV-protective long-sleeve shirt
- ☐ Wide-brimmed hat or cap
- ☐ Polarized sunglasses

WATER ACCESS

- ☐ Swim ladder or easy access for a dip
- ☐ Floats, noodles, or water loungers
- ☐ Dry towels for post-swim comfort

SMART TIMING

- ☐ Plan for early morning or late afternoon boating
- ☐ Schedule swim stops during hottest part of the day

FOR PETS ON BOARD

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- ☐ Water bowl + fresh water
- ☐ Shade spot on deck
- ☐ Cooling vest or wet towel
- ☐ Floating pad or life vest for dog