

## **Canoe Trip Checklist**

You can pack your canoe trip items well in advance of your trip. Pack a separate small duffel or bag with the clothes and items you may need for travel to and from 'Canoe Canada' (i.e. toothbrush, towel, underwear, clothes, travel documents etc.). Remember that we will have waterproof packsacks here in Atikokan for you to pack your canoe trip items in. Keep an eye on a weather website before you leave home. See our website for good weather links. Bring up a long-range outlook so you have an idea of the winds, temps and precipitation you can expect during your trip.

**\* Pack the following items in a large compression stuff sack, small duffel or gym/workout bag-**

### **\*Spring or Fall trips (cooler weather)**

#### **\*Wear or Pack –**

1. warm cap
2. neoprene or goretex gloves
3. 2 pair of quick dry 'Supplex' long pants
4. 3 pair of socks
5. 1 'Polar Tek' fleece sweater/jacket
6. 1 short sleeve shirt
7. 1 long sleeve shirt
8. 1 pair shorts or swim suit
9. 1 good quality rain gear pants and jacket
10. 3 pair underwear
11. toilet kit including 'travel size' toothbrush and paste
12. any special medicine
13. first aid
14. hygiene items
15. insect repellent
16. sunscreen
17. towel
18. lightweight camp shoes
19. "Muck" boots, "Neos" overshoes, or similar waterproof boots
20. flashlight and/or headlamp
21. spare batteries
22. glasses
23. sunglasses
24. in cold weather, include long underwear

**\*Additional items - bring one per canoe**

1. 50 feet of 1/4 inch rope
2. first aid kit
3. bailing sponge
4. compass
5. filet knife

#### **\*Optional items**

1. film or digital camera
2. paperback book
3. head net
4. fishing tackle (ask for a list of tackle to bring)
5. diary or journal
6. small set of binoculars
7. bird book
8. GPS + Canadian Topographic mapping or learn how to use the UTM coordinate system before your trip

9. Headlamp
10. 'Leatherman' or similar multi-tool pliers

### **\*Summer trips (warmest weather)**

#### **Wear and/or Pack**

1. sun hat or cap
2. bandanna
3. 1 pair 'Supplex' long pants
4. 2 pair socks
5. 3 pair underwear
6. 1 lightweight long sleeve shirt
7. 2 short sleeve shirts
8. 1 fleece sweater or jacket
9. 1 rain poncho or rain jacket
10. 1 pair shorts
11. 1 swimsuit
12. toothbrush and paste
13. medicine
14. first aid kit
15. hygiene items
16. insect repellent
17. sunscreen
18. quick dry footwear like Solomon Tech-Amphib, Keen, Merrill, or Teva water shoes/boots
19. small flashlight
20. glasses
21. sunglasses

#### **\*Additional items - bring one per canoe**

1. 50 feet of 1/4 inch rope
2. first aid kit
3. bailing sponge
4. compass
5. filet knife

#### **\*Optional items**

1. film or digital camera
2. paperback book
3. head net
4. fishing tackle (ask for a list of tackle to bring)
5. diary or journal
6. small set of binoculars
7. bird book
8. GPS + Canadian Topographic mapping or learn how to use the UTM coordinate system before your trip
9. Headlamp
10. 'Leatherman' or similar multi-tool pliers



**Contact us anytime if you have questions about 'what to bring' on your canoe trip.  
Toll Free : 877 597-6418**