

Float Trip Checklist

By Kimberly French

- Float Trip Prep
 - Wear your personal flotation device whenever you are on the water.
 - Have a "River Plan" with details for equipment, shuttles, gear, good complete river maps, First Aid Kit etc.
 - Ensure that everyone knows the "River Plan".
 - Ensure you have the right clothing and gear for the trip.
 - Bring a change of clothes in a waterproof bag.
 - Take good rain gear or a poncho for protection.
 - Ensure you have the right skills for the trip.
- At the Water
 - Do not overload your canoe with gear or people.
 - Steer your canoe away from strainers (trees, logjams, shrubs, & debris).
 - Stay low in your canoe when entering or exiting.
 - Use extreme caution when approaching any low-water crossing or low-head dam.
 - Do not pass the lead boat.
 - Do not fall behind the sweep boats.
 - Use river signals to slow down or stop the group as needed.
 - Take regular breaks to stretch and for bathroom breaks.
 - Wash your hands with clean water, soap, or alcohol prior to eating.
 - Carry and drink plenty of pure water to prevent dehydration.
 - Use plenty of sun block solution.
 - Wear a wide brim hat or baseball cap.
 - Tie in all articles in case of an upset.
 - If you fall out of your canoe, place yourself upstream of the boat and tow the boat towards the closest-safest land.
 - Identify and be aware of poison-ivy when you are off the river, walking.
 - After your trip, check for ticks.
- Tips
 - The person in the back (stern) of the canoe primarily provides the majority of steering.

- When paddling tandem, it is better that each paddler paddles on opposite sides.
- Under windy conditions, paddle into the wind and stay low in the canoe by kneeling.
- When you hold the paddle, place one hand on the shaft and one hand on the grip.
- Work as a team and communicate when making decisions.