Canoeing Checklist

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# Tasks:

☐ **Preparation**

☐ **Know-how**

*Get lessons on how to canoe before hand; they're really invaluable.*

☐ **Clubs**

*There are plenty of these to join, and they are great sources for tons of information.*

☐ **Experience.**

*There is only one way to get this, and that is practice, practice, practice!*

☐ **Teachers**

*There are plenty of instructors out there, but make sure that they are certified, and First Aid certified, too.*

☐ **Equipment**

*Investing in a canoe can mean some money at first — but the long-term payoff is worth it.*

☐ **Gear**

☐ **Paddles**

*You will need at least two pairs; one to use, and the other as a back-up pair.*

☐ **Canoe**

*This is obvious, so make sure you pick one that you like, and will use.*

☐ **Life jacket**

*When on the water, you must always have at least two life jackets or personal flotation devices on board a boat. No discussion on this one.*

☐ **Accessories**

☐ **Extra paddles**

*While two sets of paddles are usually enough, some canoeists want a third set.*

☐ **Throw ropes**

*These are useful to pull yourself into the dock, or pull someone out of the water, if needed.*

☐ **Knife**

*Use the knife for a number of different things, including cutting the rope or trimming repair patches.*

☐ **First aid kit**

*Do not go anywhere without this, and keep it fully stocked.*

☐ **Whistle**

*Ensure that it works, and if something happens, use it to get others' attention while out on the water.*

☐ **Repair kit**

*On the odd chance that your canoe is damaged, have a kit with the necessary items to fix it.*

☐ **GPS**

*For those who are navigationally challenged, have a GPS handy to ensure arrival at the correct spot, using the right route.*

☐ **Compass**

*For those areas where GPS doesn't function, use this to guide you in the right direction.*

☐ **Map**

*Combine this with the compass or GPS to get you to your final destination.*

☐ **Case**

*This would be something that maps and anything digital could be put into, in order to prevent damage.*

☐ **Things to Take**

☐ **Towels**

*Don't forget these! You'll use them for many different things, including drying your wet head.*

☐ **Dry bags**

*Use these for carrying wet clothes, shoes and more.*

☐ **Boxes**

*Clean and dry, these will be needed to store things in while in the canoe, and while going back and forth to the canoeing site.*

☐ **Sunscreen.**

*Water reflects the sun, and sun can burn, so bring some sunscreen with you!*

☐ **Hats**

*Pick a hat you like, and that will provide some decent protection from the sun so that you're not squinting all the time, and you have a bit of shade.*

☐ **Sunglasses.**

*These are a great thing to help cut down on eye strain, so wear them, and relax!*

☐ **Drinks**

*Have some sort of bottled drinks with you, just in case you need them; water would be great.*

☐ **Food**

*If you're only going for a day, pack a small simple meal or two. Otherwise, pack a bit more.*

☐ **Camera**

*You will certainly want to take some pictures of the scenery; just make sure you have a good dry container to keep the camera in.*

☐ **Safety Tips**

☐ **Weather**

*Pay attention to it, and if it starts to go bad, get out of the water.*

☐ **Stay properly hydrated**

*Drink liquids that won't dry you out — water is best.*

☐ **Itinerary**

*Have a set itinerary so that someone is expecting you at a specific time.*

☐ **Staying together**

*If you're canoeing in a group, trying to guide each other in a pack helps. You can use radios to stay in contact, too.*

☐ **Place to meet**

*If you should happen to break up as a group, agree to meet in a specific spot, then do so.*

☐ **Search and rescue**

*Who is going to do what if that itinerary isn't met, who's getting called, and when should be planned in advance.*