

Canoeing Checklist

By Kimberly French

- 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.

Customize, print, share & USE this list at: checklist.com/canoeing-checklist

- 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.