

Canoeing/Kayaking/Rafting

Day trip

Note: consider likelihood of spills in determining required vs. optional items

Personal

- Personal flotation device with whistle
- Paddle, or oar if paddling an oar raft
- Sprayskirt if kayaking
- Daypack, duffel, dry bag (waterproofed with stuff sacks/garbage bags, etc.) or jug(s)
- Full water bottle(s) (at least 1 litre/3 hours)
- Healthy, high energy snacks and/or lunch
- Sunglasses and tie/strap
- Sunscreen and lip protector
- Garbage bag (to separate wet and dry gear)
- Personal medications

Personal First Aid and Survival Kit

- Band-aids
- Space blanket/garbage bag
- Metal cup/container
- Matches/lighter and firestarter (in waterproof case)
- Knife

Clothing

- Sun hat, visor and/or bandana
- Short or long-sleeved shirt
- Long pants
- Warm long-sleeved shirt, sweater, pile (fleece) or jacket
- Rain jacket (with hood or separate rain hat) and rain pants (leg bottoms should not be sealed)
- Wind shell
- Appropriate footwear (e.g., runners with synthetic or wool socks, neoprene booties, river sandals)
- Change of clothes in waterproof bag or container and/or stored at end of run

Personal Optional

- Shorts
- Helmet (required for whitewater paddling)
- Helmet liner
- Warm hat, toque, tube scarf and/or earband
- Gloves or mitts (synthetic or wool)
- Wind pants
- Long underwear (tops and bottoms, synthetic or wool)
- Wetsuit, paddling jacket or dry suit (may be required in whitewater)

Personal Optional (continued)

- Camera
- Maps(s)
- Note pad and pencil
- Insect repellent
- Sit pad (40 x 40 cm ensolite)
- Thermos of hot fluid
- Bathing suit
- Small towel
- Kneepads
- Binoculars
- Paddle leash

Notes: Label all personal items. Leave junk food, electronic devices and other prohibited items at home.

Group

- Canoes, kayaks or rafts (rigged)
- Extra paddles (1 per canoe/raft; 1/3 kayaks)
- Painter lines
- Cordage/rope for tying in gear
- Throw bags
- Bailers &/or sponges &/or bilge pumps/craft
- Flotation bags/tubes for canoes or kayaks (if playing in whitewater)
- Knife
- Watch
- Toilet paper, spade/trowel and hand soap/hand sanitizer
- Map(s)/Charts and compass (in waterproof bag)
- River Rescue Kit, if appropriate for route (e.g., static rope, 3-4 carabiners, 2 Prussik loops, 3 m loop of 25 mm wide nylon webbing, 2 pulleys (5-10 cm), axe, collapsible Sven saw or folding saw)
- Sea Kayak Safety Gear: rescue stirrups, paddlefloats, signal flares, VHF radio.

Group Survival Kit

- Tarp(s)
- Extra food
- Thermos of hot fluids
- Matches/lighters in waterproof containers (3 places) and firestarter
- Stove, pot and fuel
- Water purification system
- Emergency flashlight or headlamp
- Wire or folding saw

Canoeing/Kayaking/Rafting (continued)

Group Repair Kit

- Duct tape
- Cordage (10 m of 2 mm diameter)
- Zap straps (locking plastic ties)
- Raft patch kit if rafting (patch material, sandpaper, glue and catalyst, solvent, mixing cup, paintbrush) and valve tools
- Multi-tool or small tool kit (including scissors, vice grip pliers, screwdrivers, unidriver and assorted bits)
- Assorted nuts and bolts
- 2 large nails

Group Documents

- Trip plan (including safety and emergency plans)
 - Itinerary card
 - Passenger manifesto(s)
 - Participant health/medical forms
 - Permits, licenses or other documents (specify):
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Group Optional

- Route/area information (e.g., guidebook)
- Bear bangers and/or spray and holster/leader (in bear country)
- Communications device(s) (internal, external)
- GPS receiver
- Flares
- Fish hook and line
- Signal mirror

Other Items: suggested by terrain, season, groups and/or program objectives (specify):

Canoeing/Kayaking/Rafting

Overnight trip: All of day trip plus the following:

Personal

- Backpack, duffel, jug, dry bag, etc. (gear waterproofed)
- Sleeping bag(s) and/or blankets
- Sleeping pad (ensolite, thermarest, etc.)
- Flashlight or headlamp and batteries
- Eating utensils (cup, bowl, spoon, etc.)
- Toiletries (soap, toothbrush and paste, dental floss, comb, toilet paper, etc.)
- Insect repellent (required in spring/summer)

Clothing

- Full change of clothing for in camp (underwear, pants, shirt, socks)
- Warm hat, toque or tube scarf
- Gloves and or mitts
- Warm sweater, pile or jacket
- Extra footwear to be worn in camp

Group

- Route/area info (e.g., guidebook)
- Tent(s)
- Tarp(s)
- Water purification system
- Food
- Stove, windscreen and fuel
- Pots and lids
- Cooking utensils (e.g., pot lifter/vice grip pliers, can opener, cutting board, mixing bowls, spatula, leather gloves)
- Dishwashing kit (e.g., wash tubs, biodegradable soap, chlorine bleach, scrubber, washcloth, dishtowels)
- Hand soap/hand sanitizer
- Garbage bags
- Cordage/rope and a carabiner for stringing up food at night, or for potential rescue applications
- Shovel

Group Repair Kit

- Epoxy
- Silicone sealer
- Wire (2 mm copper)
- Tent pole repair kit (e.g., pole sleeve or hose clamps and splints)
- Stove repair kit (e.g., jet-cleaning tool, spare jet, stove wrench, spare filter, oil for pump leather)
- Water filter cleaning tools and spare parts
- Superglue
- Rubber bands
- Sleeping pad patch kit or sandpaper (med. grit), alcohol swab, urethane adhesive and patch)
- Sewing kit (e.g., safety pins, self-adhesive nylon repair tape or stick-on patch, needles and/or awl/ speedy stitcher, thread or dental floss, thimble, zipper sliders, velcro strips (10 cm long x 2 cm wide, sticky both sides))

Group Optional

- Water carrier
- Lantern (and mantles) or candle lantern and candles
- Axe
- Saw (e.g., folding or wire pocket style)
- Grill, Dutch oven and/or reflector oven
- Clothes pegs
- Field guides
- Star chart
- Bear bangers and/or spray and holster/leader (in bear country)
- Communications device(s) (internal, external)
- GPS receiver

Other Items: suggested by terrain, season, group and/or program objectives (specify):

Canoeing/Kayaking

Extended trip: All of overnight trip plus the following:

Personal

- Spare bulb and batteries for flashlights/headlamps
- Personal sanitary supplies

Clothing

- Bug hat/shirt/suit (in really "buggy" areas)
- Extra socks
- Ensure adequate insulation (e.g., warm jacket and pants for in camp)

Personal Optional

- Spray covers for canoes
- Camp chair
- Fishing gear and license
- Book
- Journal
- Small musical instrument
- Tent games (e.g., cards)

Group

- Additional fuel bottles and fuel
- Solar shower
- Seam sealer
- Additional stove repair kit items (e.g., filter, filter wire, plugs, gaskets, spare O-rings, etc., as per stove model)
- Additional river rescue and repair kit items as route and expertise in use suggest
- Signal flares

Other Items: suggested by terrain, season, group and/or program objectives (specify):
