

Canoeing Checklist (for 7 river days)

NOTE—No glass or spray cans. They are expensive and heavy, and glass breaks. Use lightweight plastic containers.

Personal Equipment:

- "dry bag" or duffel bag or pack w/o frame (use 2 heavy trash bags to waterproof)
- swim trunks or gym shorts
- tennis shoes (which will get wet)
- 2 T-shirts or tank tops
- long-sleeved shirt
- extra shorts
- long trousers
- hat with sunvisor (preferably with ear protection)
- 3 underpants
- 1 pr socks
- warm sweater OR jacket
- raingear
- sleeping bag (fully waterproofed with trash bags)
- sleeping pad
- bandanna OR handkerchief
- toilet articles (don't forget mucho TP & pooper scooper)
- repair kit (needle, thread, safety pins)
- 2 large towels and 1 small towel
- insect repellent (stick or liquid, NO glass)
- suntan lotion
- sunscreen
- personal eating gear
- pocket knife
- flashlight with extra batteries & extra bulb
- kneeling pad (extra towel, etc, NOT a life jacket)
- medical form & permission form turned in to Scoutmaster
- extra trash bags for waterproofing
- water bottle

Optional Personal Equipment:

- sunglasses
- camera & film (might get wet)
- extra sneakers
- strap for glasses
- umbrella (for shade & for sailing)
- large sponge (to mop up water in bilge)
- fanny pack (for convenience items like camera, sunscreen, etc)

Pair Equipment:

- overnight shelter
- iodine water purification tablets
- fresh water supply (minimum 5 gallons/canoe)
- 15 m/50 ft of rope for lashing gear into canoe
- cooler w/ ice

Optional Pair Equipment:

- bungee cord (for lashing canoes together)
- small, lightweight wooden racks to put in bilge
- inflatable raft, frisbee, etc.
- water purification system (like "First Need")

Gear for Each Cooking Pair:

- food in waterproofed bags
- cooking gear
- stove (one-burner backpack-type or two-burner Coleman-type)