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Day Paddling Checklist (Canoeing)

Choose items that match your trip plans and the weather

The Basics

- | | |
|---|---|
| Canoe | Signaling devices (whistle, mirror, flares) |
| Headlamp or flashlight with extra batteries and bulbs | First-aid kit |
| Paddle (1 per paddler) | Emergency throwline |
| Personal Flotation Device (1 per paddler) | Pocket knife |
| Sunglasses | Plastic bags |
| Sunscreen | Map/charts in waterproof case |
| Food | Matches/firestarter in waterproof container |
| Weather radio | Dry bags |
| Drinking water | Compass |

Canoeing Clothing

- | | |
|-------------------------------------|--|
| Quick-drying pants/shorts | Bandanna |
| Rain gear (jacket/poncho and pants) | Wicking long underwear (top and pants) |
| Quick-drying swimsuit | Fleece or wool hat |
| Spray jacket/pants | Fleece or wool vest |
| Canoe pogies or neoprene gloves | Fleece or wool gloves/mittens |
| T-shirts | Fleece or wool sweater/sweatshirt |
| Sun/rain hat (with wide brim) | Fleece or wool pants |
| Long-sleeve shirts | Waterproof outer mitts |

Footwear

- | | |
|-------------------------|------------------------|
| Wool or synthetic socks | Sport sandals |
| Tennis shoes | Hiking boots/shoes |
| Wicking liner socks | Knee-high rubber boots |