

# Canoe/Kayak River Trip Checklist

## Planning a paddle trip/vacation by canoe or kayak?

Our checklist includes required and optional gear, clothing, accessories and more for most trips.

### Pre-Planning Info:

Proposed date of trip: \_\_\_\_\_ Duration: \_\_\_\_\_

River Section: \_\_\_\_\_

Put-in: \_\_\_\_\_ Take-out: \_\_\_\_\_

Forecasted weather conditions \_\_\_\_\_

### What to bring:

Equipment	Personal	Food	And if on Overnight trip
<input type="checkbox"/> Canoe	<input type="checkbox"/> Swimmers	<input type="checkbox"/> Morning/Afternoon tea	<input type="checkbox"/> Tent
<input type="checkbox"/> Paddles (x2) + spare	<input type="checkbox"/> UV-protective shirt	<input type="checkbox"/> Lunch	<input type="checkbox"/> Ground sheet
<input type="checkbox"/> PFD (min 6.0kg/35N upthrust)	<input type="checkbox"/> Hat (broad-brimmed)	<input type="checkbox"/> In-between snacks	<input type="checkbox"/> Sleeping bag
<input type="checkbox"/> Helmet	<input type="checkbox"/> Paddling shoes	<input type="checkbox"/> Breakfast/Dinner (for overnight trips)	<input type="checkbox"/> Sleeping mat
<input type="checkbox"/> Whistle	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Water (min 3lts per day)	<input type="checkbox"/> Torch
<input type="checkbox"/> Bailing bucket & sponge	<input type="checkbox"/> Sunscreen		<input type="checkbox"/> Stove & fuel
<input type="checkbox"/> Gear barrel(s) and/or Dry bags	<input type="checkbox"/> Emergency clothes (incl. thermal top, socks)		<input type="checkbox"/> Cooking pots
<input type="checkbox"/> Repair kit (sealant; role of cloth/gaffer tape)	<input type="checkbox"/> First Aid Kit	<b>Other</b>	<input type="checkbox"/> Detergent & scourer
<input type="checkbox"/> Maps/charts of river	<input type="checkbox"/> Medications	<input type="checkbox"/> Plate, mug, knife, fork, spoon, etc	<input type="checkbox"/> Insect repellent
<input type="checkbox"/> Communications (eg. PLB; mobile phone; VHF radio)	<input type="checkbox"/> Toiletries	<input type="checkbox"/> Lighter/matches	
<input type="checkbox"/> Rescue kit	<input type="checkbox"/> Toilet paper & small trowel		
<input type="checkbox"/> Towline			
<b>Optional extras</b>	<b>Optional extras</b>	<b>Optional extras</b>	<b>Optional extras</b>
<input type="checkbox"/> Heavy duty garbage bags	<input type="checkbox"/> Change of clothes	<input type="checkbox"/> Tea, coffee	<input type="checkbox"/> Good book!
<input type="checkbox"/> Tarp	<input type="checkbox"/> Rain jacket		<input type="checkbox"/> Pack of cards
<input type="checkbox"/>	<input type="checkbox"/> Camera		<input type="checkbox"/> Musical instrument

Notes:

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