

Canoe Trip Personal Items List

For Day Trips:

- T-shirt(s) – two for longer trips (quick dry is best)
- Quick-drying shorts and/or swimsuit
- Small towel – quick-dry, micro-fibre type works well.
- Lightweight, long-sleeved shirt – cotton/polyester blends are good.
- Sunscreen and hat – one with a full wide brim is better than a ball cap.
- Water bottle – 20oz plus
- Sunglasses
- Quick-drying long pants – some styles convert to shorts by zipping off the legs.
- Good-quality rain gear (jacket and pants)
- Wool sweater or fleece jacket
- Socks – wool, bamboo or synthetic
- Drybag or bag lined with a plastic bag to keep things dry.
- Water-shoes, or sandals that are comfortable to get wet and have rear straps (flip flops are not recommended but can work if no other option)

(Day trips will most likely have the option to keep things on shore or in support boat, but preparing to have things with you, extra clothes/raingear is good)

For Overnight Trips

- Extra pair of socks for around the campsite – always keep these dry!
- Sturdy footwear for portages – preferably well broken in.
- Campsite footwear – sport sandals, running shoes or duck shoes are great.
- Toilet articles – toothbrush/paste, shampoo/soap, etc.
- Spare prescription glasses or contacts (good to have for day trips too).
- Personal medications in waterproof bag or container.
- Pack enough clothes for each day plus one.
- Camping gear – Tent, sleeping bag, sleeping pad, extra sleep layers, flashlight,
- Bug spray

- Mess kit – Plate, bowl, utensils, cup

What **NOT** to take on a canoe trip

1. Jeans

Denim is your worst enemy when you're out on the water – it's bulky, heavy and does not lend well to exercise. Leave the jeans at home and wear stretchy comfortable pants or shorts. (quick dry)

2. Electronics

No need to weigh yourself or your canoe down with extra electronics. (one phone per person in enough for all your picture needs)

3. Valuables

There's no reason to bring anything highly valuable into your canoe that may flip. (We never set out to flip, but it always remains a possibility)

4. Nice clothing or shoes

No need to dress to impress on a canoe trip, so leave the nice clothes at home.

5. A bad attitude

Sometimes a long trip or an early rise can make you feel down or grumpy, that's all good just try to embrace the positivity that is almost guaranteed from members of this canoe family