

## WHAT TO BRING ON A CANOE TRIP

- **Day trip**
  - Rain gear
  - 1<sup>st</sup> aid kit
  - Warm clothes
  - Water
  - Lunch (in a bag)
  - Toilet paper
  - Close toed shoes
- **Over-night trip**
  - All of the above plus...
  - Warmer clothes
  - Dinner (usually requires some effort to prepare such as frying, heating, etc.) (food can be in a large cooler for an over-night trip)
  - Tent (unless troop provides one)
  - Sleeping bag
  - Sleeping pad
  - Flashlight
  - Camp chair
  - Extra water
  - Comfortable clothes
  - Cooking implements (pots, pans, spatulas, etc.)
- **How to secure it**
  - Double-bag everything with goose-necked trash bags
  - If owned, place into dry bags and properly tie off
  - Tie everything down into you canoe using nylon straps or rope
  - Make sure nothing can float away if your canoe flips
  - Pack your canoe as if you know it is going to capsize
  - Put the heaviest items in the bottom of the canoe towards the stern