

## Individual Checklist For An Overnight Canoeing/Camping Trip (Outfitter provides kitchen, hot meals, and group equipment)

(assume warm/hot weather-day temps 60-90s and nights 40-70s)

### Clothing for the paddler while on the river

_____ river sandals	fastened w/buckles or double velcro - OR
_____ lace up fabric shoes	an old pair-never go barefoot!
_____ underwear and shorts	both of nylon-dries out when wet
_____ shirt, short/long sleeved	cotton or 50/50 blend
_____ hat, brimmed	full brim is best, baseball type ok
_____ vest, life	type IIIs most comfortable, check size
_____ whistle on a string	around neck or tied to vest

### Items in an accessible waterproof day bag/snapped to the canoe

_____ raingear (nylon suit)	ponchos/raincoats of little value
_____ shirt/long sleeve	sunbarrier/cool wind or temps/dry change
_____ shirt, polypro	for warmth, very compact and light
_____ pants, nylon or 50/50	sunburn protection or dry change
_____ keys and wallet	in ziplock/bottom of the day bag
_____ sunbloc/insect repellent	in ziplock/in case of spills
_____ toilet kit	trowel, wet wipes in ziplock
_____ personal hygiene kit	soap, toothpaste, medicine/in mesh bag
_____ para cord	short pieces/tying things in
_____ pocket knife	best are those w/tools and blades
_____ glasses/sun or reading	in crushproof holders
_____ headlight/fresh batteries	plus spare batteries and bulb
_____ insulated mug with lid	
_____ reference material	maps, field books, notebook/pencil
_____ camera, film, lens	or carry in separate waterproof box

### Items stored in a heavy duty waterproof bag

_____ camping equipment	tent, sleeping bag (summer weight)
_____ campfire/evening clothing	sheets/small pillow/air or foam pad
	underwear/spare shirt/wool sweater or pile/ fleece jacket/shoes or sandals

### Items tied to the canoe

_____ spare paddle	
_____ ice chest	tie down the lid
_____ lunches/one per day	fruit/trail mix/bagels/jam/peanut butter
_____ water jug(s)	freeze for refrigeration
_____ camp chair, folding	light, compact and nylon fabric

Each paddler will have a day bag and share an overnight bag with their tent partner. There may be some group gear for each canoe to carry.

**Byron Almquist-504-283-9400 "guide/outfitter to paddlers and backpackers since 1972"**

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