

## CANOE CHECKLIST

Paddling a canoe is a great way to explore quiet ponds and exciting rivers. We recommend you use the following checklist so you can have a fun, comfortable and safe experience. Use this list with the Outdoor Essentials list to make sure you have all the gear you need to ensure a fun, safe and comfortable trip.

- Canoe
- PFD
- Canoe paddles and spare
- Dry bag and/or box
- Whistle/strobe light
- Waterproof case
- Men's paddling apparel
- Women's paddling apparel
- Wet & dry suits
- Bailer/bilge pump
- Insect repellent
- Throw bag
- Float plan
- Toilet paper/WAG bag

**Canoe** Equipped with a tow line that has a quick release. Make sure your boat is appropriate for the conditions you wish to paddle in.

**Personal Flotation Device** Be sure to wear your PFD whenever you are on the water. A Type III PFD is the most common and versatile. Make sure it fits well, is comfortable and nonchafing. An extra PFD is nice to have on a multiday trip.

**Canoe paddle and spare** Most canoeists require a paddle between 52" and 60". As with kayak paddles, a lighter paddle will reduce fatigue over a long day of paddling. Carry a spare paddle in case you break or lose one.

**Dry bag** Always use a dry bag to keep spare clothes and other important gear dry. If you happen to capsize or otherwise get wet, it will be critical to have dry clothes to change into.

**Whistle/strobe light** Voices don't carry far into the wind. A whistle or strobe light will help alert other members of your party or would-be rescuers in an emergency. Many PFDs are equipped with a built-in whistle.

**Bailer/bilge pump** No matter the weather, water will always get into your boat. A pump or bailer will come in handy getting water out, and in bad weather or an emergency it is a critically important piece of equipment.

**Float plan** Whether you're in a kayak or a canoe, you should always tell others of your plans for the day. For a multiday excursion, you should leave a detailed written itinerary with a family member or trusted friend.

**Toilet paper/WAG bag** If you're camping out, be aware of carry in/carry out regulations. For example, many wilderness canoe/kayak campsites require you carry all waste out. A bucket and WAG (Waste Alleviating and Gelling) bag is a great way to collect, store and transport human waste from camping areas.

## **Paddling apparel**

Dress for the water temperature, not the air temperature. Cold-water hypothermia can be a real danger on even the smallest body of water on the nicest day. The air may be in the 70s but if the water is in the 50s or below, you need to be prepared.

**Bathing suit, paddling shorts or synthetic pants** Lightweight neoprene like NRS Hydroskin is a good choice on colder days.

**Light- or midweight synthetic top** Either short-sleeve or long-sleeve with arms you can roll up. Wool and tops like the NRS Hydroskin are also good choices.

**Midweight top layer and/or lightweight vest** Your PFD helps keep you warm but if a breeze picks with a bit of spray, you can quickly cool off.

**Paddling or rain jacket** In heavier winds a wind- and waterproof jacket will come in very handy. A hood is nice to have if you have paddle spray coming from behind.

**Hat(s)/footwear** A wide brim for the sun. A wool hat is great for breezy, cooler days. Wear shoes you don't mind getting wet while you're paddling. Be sure to bring dry shoes and socks to change into at the end of the day.

### **FOR VERY COLD CONDITIONS**

**Dry suit** A good dry suit is expensive but it will keep you dry and warm if you fall into cold water. The colder the water, the more warm layers you should wear under the suit. Add neoprene gloves, booties and hoodie for colder conditions.

**Wet suit** Neoprene wet suits 3 to 5 mm thick are less expensive than dry suits and are a great way to stay warm. You can wear thin layers under the suit and a paddling jacket on top for extra warmth. Add neoprene gloves, booties and hoodie for colder conditions.

## **OUTDOOR ESSENTIALS**

Whether heading outdoors for a few hours or a few days, L.L.Bean strongly recommends having these essential items with you at all times:

- Water
- Food
- Map and compass/GPS
- Lighting (headlamp, flashlights, lanterns)
- Fire starter
- Sun protection – apparel
- Sun protection – lotion

- Sunglasses
- First aid kit
- Men's warm clothing and rain gear
- Women's warm clothing and rain gear
- Knife/multitool
- Cell phone
- Repair kit

**Water** Use these minimum guidelines to ensure you stay hydrated: one quart for a couple of hours, two quarts for four hours and four to six quarts for a daylong hike. Make sure you are well hydrated before your hike. Drink early and often. Bringing a water treatment system along to treat any water needed beyond two quarts will help save weight. All water found on the trail should be treated.

**Food** Next to staying hydrated, keeping “fueled” is crucial to safely enjoying your adventures. Regular small snacks keep your energy going throughout the day. Before heading out, eat foods that are rich in calories and that take a while to digest. On the trail, eat sports bars and gorp (“good old raisins and peanuts” &ndash often supplemented with chocolate) to provide quick energy throughout the day.

**Map and compass/GPS** Always carry a detailed topographic map of the area you are visiting. An updated trail guide or description will help you stay on the right trail. Your compass can be a simple dial style, although one with a base plate is quite helpful when using with the map. GPS units are helpful but you must know how to use your map and compass should the GPS fail. Always carry spare batteries for your GPS.

**Lighting** Always carry a headlamp on a hike in case you stay out longer than planned. Hiking in the dark without a light can be very dangerous. Always have spare batteries and a back-up light. For the campsite, it's a good idea to have a lantern or flashlight.

**Fire starter kit** This is necessary for starting your stove to cook or in an emergency when starting a fire is critical to stay warm. Your kit should include waterproof matches with striker in a waterproof container and fire starter such as candles or steel strikers that work when wet and produce a high-temperature spark. A small amount of tinder kept in a waterproof container is also helpful. Dryer lint, wax-soaked cotton balls and wood shavings are three examples of good tinder.

**Sun protection – apparel** Sun-blocking apparel is a convenient way to protect yourself from the sun. It won't wear off during the day like lotion. We offer a comprehensive assortment of sun blocking apparel, including hats, shirts and pants.

**Sun protection – lotion** Waterproof sunscreen is key. Apply before you head out and reapply a couple of times according to directions. SPF lip balm is also recommended.

**Sunglasses** Sunglasses and a brimmed hat will protect your eyes and help keep you comfortable.

**First aid kit** We offer several good first aid kits that pack small if you don't want to make your own. We recommend a supplemental blister kit with moleskin and blister-specific adhesive strips, as this is one of the more common outdoor issues. Also, make sure members of your

group have all their required prescriptions.

**Warm clothing and rain gear** Pack the layers you would need to survive the night in the worst possible weather for the location and season. This may be as simple as a raincoat for a sudden summer thunderstorm to several layers and a waterproof jacket and pants for a winter adventure. All base layers should be synthetic or wool.

**Knife/multitool** From cutting off the end of an errant strap, to making a fuzz stick for fire starting, a knife has lots of uses on the trail. A multitool with small scissors, tweezers, screwdrivers, etc., solves even more problems.

**Cell phone** A fully charged cell phone can be a great way to get help in an emergency situation, but you may not have service in remote areas. Don't rely on a cell phone as a substitute for being prepared.

**Repair kit** Handy field repair items include duct tape, nylon repair tape, wire ties, safety pins and parachute cord. A needle and thread is also good to have for a quick fix. A space blanket or small section of poly can be used in a pinch for an emergency shelter.