



## Canoe Day Touring Checklist

**Note:** This list is intentionally extensive; not every paddler will bring every item on every outing.

### Canoe basics

- |   |  |
|---|--|
| <input type="checkbox"/> Canoe                                      | <input type="checkbox"/> Dry bags (for gear organization)            |
| <input type="checkbox"/> Paddle (1 per paddler)                     | <input type="checkbox"/> Spray covers                                |
| <input type="checkbox"/> Extra paddle                               | <input type="checkbox"/> Weather/VHF radio                           |
| <input type="checkbox"/> Personal floatation device (1 per paddler) | <input type="checkbox"/> Signaling devices (whistle, mirror, flares) |
| <input type="checkbox"/> Extra PFD                                  | <input type="checkbox"/> Float bags                                  |
| <input type="checkbox"/> Seat                                       | <input type="checkbox"/> Emergency floating throw line (w/throw bag) |
| <input type="checkbox"/> Knee pads                                  | <input type="checkbox"/> Bailer or bilge pump                        |
| <input type="checkbox"/> Yoke (with pads)                           | <input type="checkbox"/> Sponges                                     |
| <input type="checkbox"/> _____                                      | <input type="checkbox"/> _____                                       |

### Core gear

- |   |  |
|---|--|
| <input type="checkbox"/> Maps and charts in waterproof case                   | <input type="checkbox"/> First-aid supplies (see our <a href="#">First-aid checklist</a> ) |
| <input type="checkbox"/> Compass  | <input type="checkbox"/> Sunglasses  |
| <input type="checkbox"/> GPS  | <input type="checkbox"/> Sunscreen   |
| <input type="checkbox"/> Matches/lighter/fire starter in waterproof container | <input type="checkbox"/> Lip balm  |
| <input type="checkbox"/> Knife or multi-tool                                  | <input type="checkbox"/> Water bottles (filled)  |
| <input type="checkbox"/> Two-way radios                                       | <input type="checkbox"/> Water treatment method  |
| <input type="checkbox"/> Cell phone in protective bag                         | <input type="checkbox"/> Backup water treatment (e.g., halogens)                           |
| <input type="checkbox"/> Multifunction watch                                  | <input type="checkbox"/> Energy food (bars, gels, trail mix)                               |
| <input type="checkbox"/> Headlamp or flashlight (with extra batteries)        | <input type="checkbox"/> Beverages or powdered drinks                                      |
| <input type="checkbox"/> _____  | <input type="checkbox"/> _____   |

### Clothing options

- |  |   |
|--|---|
| <input type="checkbox"/> Dry suit or top                 | <input type="checkbox"/> Moisture-wicking T-shirt                     |
| <input type="checkbox"/> Paddling gloves or pogies       | <input type="checkbox"/> Moisture-wicking underwear                   |
| <input type="checkbox"/> Neoprene footwear               | <input type="checkbox"/> Rashguard                                    |
| <input type="checkbox"/> Sandals                         | <input type="checkbox"/> Swimsuit                                     |
| <input type="checkbox"/> Helmet                          | <input type="checkbox"/> Shorts or convertible pants                  |
| <input type="checkbox"/> Sun-shielding hat               | <input type="checkbox"/> Sun-shielding shirt (long sleeves) and pants |
| <input type="checkbox"/> Hat or cap retainer             | <input type="checkbox"/> Spray jacket or rainwear (jacket and pants)  |
| <input type="checkbox"/> Skullcap                        | <input type="checkbox"/> Synthetic vest or jacket (for insulation)    |
| <input type="checkbox"/> Bandanna or buff                | <input type="checkbox"/> Synthetic pants (for insulation)             |
| <input type="checkbox"/> Wool/synthetic cap or balaclava | <input type="checkbox"/> Synthetic gloves or mittens                  |
| <input type="checkbox"/> _____                           | <input type="checkbox"/> _____  |

### Repair-kit options

- |  |   |
|--|---|
| <input type="checkbox"/> Sealant (such as Aquaseal)        | <input type="checkbox"/> Putty                  |
| <input type="checkbox"/> Bailing wire (copper, small roll) | <input type="checkbox"/> Replacement nuts/bolts |
| <input type="checkbox"/> Nylon cord (or bungee cords)      | <input type="checkbox"/> Duct tape              |
| <input type="checkbox"/> _____                             | <input type="checkbox"/> _____                  |

### Other day gear options

- |  |  |
|--|--|
| <input type="checkbox"/> Lunch                               | <input type="checkbox"/> Insect repellent                              |
| <input type="checkbox"/> Energy food (bars, gels, trail mix) | <input type="checkbox"/> Toilet paper and sanitation trowel            |
| <input type="checkbox"/> Beverages or powdered drinks        | <input type="checkbox"/> Permits and licenses                          |
| <input type="checkbox"/> Cooler (with ice)                   | <input type="checkbox"/> Fishing gear                                  |
| <input type="checkbox"/> Camera                              | <input type="checkbox"/> Notebook and pen or pencil                    |
| <input type="checkbox"/> Binoculars                          | <input type="checkbox"/> Credit card; small amount of cash             |
| <input type="checkbox"/> Duffels (to supplement dry bags)    | <input type="checkbox"/> Trip itinerary left w/friend + under car seat |
| <input type="checkbox"/> _____                               | <input type="checkbox"/> _____   |