

PERSONAL ITEMS

- sleeping bag
must be adequate for minimum expected temperature and carried in a waterproof sack;
- sleeping pad
Therm-a-Rest, ensolite, light air mattress
- hygiene kit
consider the following, but take only what is essential: face cloth, towel, biodegradable soap, tooth brush and paste, comb/brush, mirror, personal medications, feminine supplies, nail clipper, sun screen, lip balm, contact lenses supplies, etc.
- one-litre water bottle
shared water bottles spread germs; drink lots of water
- glasses, sunglasses, case and glasses strap
consider a spare pair; sunglasses are useful on the water
- waterproof watch
personal preference if you must know what time
- pocket or sheathed knife (1)
only if useful; large knife may be clumsy and dangerous
- camera, film and binoculars
carry in a waterproof case/bag
- reading/reference material, pen or pencil, paper, cards, games and small musical instrument
you won't be travelling and doing camp chores all the time; you may have time and energy to pursue interests compatible with this wilderness environment; these items may be necessary on a rain/wind/rest day, especially with children
- fishing gear and license
gear must be compact and light weight
- small flashlight and spare batteries
handy for wandering through the woods in the middle of the night (for whatever reason) and trying to find things in a dark tent and campsite
- insect repellent
depends on time of year, location and personal tolerance
- money, identification and medical information
may not be necessary, but carry them just in case
- extra plastic bags
to replace those you put holes in; heavy garden waste bags are good for lining stuff sacks

CLOTHING

- light weight hiking boots or shoes
should provide good support and traction when carrying heavy loads over uneven portages
- moccasins or light shoes
nice to have dry shoes in camp, but not essential
- waterproof pants and hooded jacket
long coat, poncho or cape are awkward when canoeing; keep them handy
- long trousers (2), short pants (1), shirts (3), underwear (3), socks (3 pr), polypropylene or polyester body wear, bandanas/handkerchiefs (2), belt (1)
clothing should be practical and durable; some items will be worn and the remainder packed away in a waterproof sac; clothing along with other items that may be required during the day should be accessible (packed at the top of a canoe pack or in a day pack in your canoe)
- long-sleeved light weight shirt and medium weight sweater or another medium-weight shirt
protection from sun, wind and insects and for warmth on cooler days and evenings; a polyester fleece is a good alternative to a wool sweater
- hat
should have a peak or brim to protect from sun and rain
- gloves
for paddling, gathering firewood and handling hot pots
- head net or hooded bug jacket
protection from insects, but may not be necessary, depends on season, trip location of trip and tolerance
- swim suit and towel



Canoe Trip Equipment



Ontario Recreational Canoeing and Kayaking Association

ORCKA promotes the development of safe, competent and knowledgeable recreational paddlers.

ORCKA has developed standards and instruction programs in introductory canoeing, Canadian style paddling, canoe tripping, river running and moving water canoeing and canoe tripping. ORCKA has also developed a dynamic kayaking program covering introductory kayaking, coastal kayaking, moving water kayaking and kayak tripping. From beginning paddlers to expert instructors, the ORCKA paddling Programs are used throughout Ontario and recognised nationally.

Take a canoeing or kayaking course with one of the many organisations using the ORCKA programs.

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You are planning a canoe trip. You have decided on the purpose of the trip, who is going, where you are going, and how to get there and back. Now you must decide what to take.

With appropriate skills and knowledge, careful planning, and the correct equipment, you will have an enjoyable experience. But a miscalculation in any of these areas will reduce the level of enjoyment and may put the safety of a member of the group or the entire group in jeopardy.

This brochure was written to assist you in deciding what to take on your canoe trip. It is not THE LIST; you will prepare that using: the purpose of the trip, when and where you are going, the duration of the trip, past experience, the group size, and this brochure as references.

When selecting items, ask the following questions:

- Is it a necessity or a luxury?
- Will it serve more than one purpose?
- How much space does it take in the pack?
- How much does it weigh?

This list was designed on the basis of a 3 to 7 day trip in July or August and in an area with weather as would be found in Temagami and south. If your trip is in the spring or fall or in a more northerly area, or if it is specifically whitewater, you will have to make some additions to the list to account for the differences.

TRAVELLING GEAR

- canoe (1 per 2 people, sometimes 1 per 3 people)
size, style, weight and material should be suited to the type of canoe trip planned; the rental cost should be a less important factor
- paddle (1 per person and a spare in each canoe or each 2 canoes)
should be in good condition (no cracks/splits, smooth grip and shaft); should be properly sized; style and material should be suitable for the type of paddling to be done on the trip
- personal flotation device (1 per person is required by law)
should be in good condition; should feel comfortable when

properly done up; should not restrict paddling motion; and must be worn when: paddling in rough or cold water, paddling far from shore, paddling in whitewater, paddling alone, scouting rapids, lining or tracking, paddling with novices or poor swimmers

- bailer, sponge and painter (a bailer is required by law)
tied to each canoe; keep painter(s) coiled and secured, but accessible, when paddling
- whistle (a sounding device/canoe required by law)
fastened to PFD or on lanyard around neck (no lanyard around neck in whitewater)
- guide book, map(s) and compass (1 set per canoe)
kept in a clear waterproof case or plastic bag; someone in each canoe should know how to use these
- kneeling pad(s)
depends upon type of canoe and personal tolerance
- packs
avoid external framed packs; one large canoe pack and one day pack in each canoe works well, but if you have more gear, you may need two canoe packs or two canoe packs and a day pack; for ease of portaging, everything should fit into the packs

CAMPING GEAR

- tent, fly, poles and pegs (1 set per 2, 3 or 4 people, depending upon size of tent and people)
Set it up in your yard before the trip to be sure you can and that all the parts are there; check that it is waterproof and bug-proof (zippers work, screening and material are sound, seams are sealed)
- tarpaulin
a reinforced plastic or nylon sheet with grommets and ropes or a flat nylon tent fly; it should be large enough to shelter the entire group
- ropes (lots)
15 - 20 m lengths are convenient; 6 or 7 mm polypropylene is strong enough for most uses, but 9 or 10 mm is stronger and easier to work with; use to hang clothes, tarpaulin and food packs
- toilet paper
unscented white is good; depending upon location of trip, a trowel or folding shovel may be useful
- saw, axe, file, small stone and oil
a folding or bow saw is useful in cutting large-diameter wood, but wood up to 5 cm diameter can usually be broken
Consider carefully the decision to take an axe. A canoe trip is not the time or place to learn how to use an axe. The consequences of improper or careless use are usually serious and medical aid may be far away. If you decide not to take an axe,

you won't need the file and oil. If you take an axe, select a 3/4 or full-length axe, not a hatchet. An axe requires a sheath. If you are cooking on a stove, these may not be necessary.

- first aid kit
necessary; see ORCKA's Canoe Trip First Aid Kit brochure
- repair kit
use ORCKA's Canoe Trip Repair Kit brochure

KITCHEN GEAR

- one burner stove(s), fuel, fuel bottle(s), funnel or pouring spout
safe, clean and efficient when used properly; test it at home before the trip; determine how long a tank full of fuel burns; gauge your fuel requirements according to "burn time", group size and menu; if you decide to cook over a fire, these items may not be necessary, but a stove is handy for wet days and a quick hot drink; don't use it in the tent
- grill or grate
often found at campsites, but if you take one, it should be light and sturdy with a case
- reflector or other oven
a luxury on a short trip, but almost essential on long trips when baking is required
- collapsible water container
a large pot may do, but this is handy if you camp far from the water; a handy source of water will encourage people to drink
- water bottle (1 per canoe or person)
good for mixing and carrying juice; mixing pudding and milk
- water purification system
these may not be necessary, but better safe than sorry
- pots and frying pan(s)
should have folding or detachable handles and nest; the number and size depends on group size and menu
- plate, bowl, mug, knife, fork and spoon
individuals may want all of these or as little as a mug and spoon; it depends on menu and personal preference
- cook's kit (1 per group)
contents will depend upon menu, but consider these: spatula, knife, pot lifter/handle, serving spoon, ladle, measuring cup, can opener, cutting board, biodegradable dish soap, scrubby, J-cloth, tea towel, oven mitt, matches/lighter and plastic bags with ties

Food has not been dealt with in this brochure, but it constitutes a large part of the planning process, a significant amount of space and weight in the packs, and perhaps a memorable part of the trip. For more on this topic, refer to the many books available commercially and ORCKA's *Trip Menu Planning* brochure.