

Canoeing Tips For An Enjoyable Day Trip...

Snacks and Beverage

T-Shirt

Personal Flotation Device (PFD)

First Aid Kit

Change of Clothes

Sun Tan Lotion

Non-Styrofoam Cooler (No Alcoholic Beverages)



Hat

Sun Glasses & Strap

Shorts

Spare Paddle

Throw Bag

Sounding Device (Whistle)

Bailer

Tennis Shoes For Wading



Ontario Recreational Canoeing and Kayaking Association
 3 Concorde Gate, Suite 209
 Toronto, ON
 M3C 3N7
 Tel: 416-426-7016
 info@orcka.ca
 www.orcka.ca