

Canoeing Checklist

OVERNIGHT TRIP

- ◇ Items on daytrip checklist
- ◇ Tent
- ◇ Sleeping bag in waterproof bag
- ◇ Air/foam mattress
- ◇ Stove
- ◇ Lantern
- ◇ Grill, if open-fire cooking
- ◇ Cook kit
- ◇ Extra fuel bottle
- ◇ Extra clothing in waterproof bag
- ◇ Personal-care items
- ◇ Water-purifying kit
- ◇ First-aid kit
- ◇ Extra rope
- ◇ Packs
- ◇ Food

Safety Checklist:

Emergency Items & Supplies Checklist

Food & Water

- ◇ one gallon of water per person, per day
- ◇ ready-to-eat canned meats, vegetables and fruit
- ◇ canned juices
- ◇ canned soup
- ◇ high-energy food: peanut butter & jelly, crackers, trail mix, granola bars
- ◇ vitamins
- ◇ comfort food: cookies, candy, tea bags
- ◇ special dietary needs for the elderly & children

First Aid

First aid kit with the following:

- ◇ sterile adhesive bandages, in assorted sizes
- ◇ 2-inch & 4-inch gauze pads
- ◇ adhesive tape
- ◇ 2-inch & 3-inch sterile roller bandages
- ◇ scissors
- ◇ tweezers
- ◇ anti-bacterial hand gel

- ◇ antiseptic
- ◇ thermometer
- ◇ tube of petroleum jelly or other lubricant
- ◇ safety pins
- ◇ soap
- ◇ latex gloves
- ◇ First aid book

Non-Prescription Drugs

- ◇ aspirin & non-aspirin pain reliever
- ◇ anti-diarrhea medication
- ◇ antacid
- ◇ laxative

Tools & Supplies

- ◇ indoor/outdoor lamp
- ◇ bug repellent
- ◇ battery-operated radio
- ◇ battery-operated clock
- ◇ flashlight
- ◇ extra batteries
- ◇ water purification kit
- ◇ plastic garbage bags
- ◇ sterno stove
- ◇ emergency candles
- ◇ needle & thread
- ◇ paper cups, plates & plastic utensils
- ◇ manual can opener
- ◇ utility knife
- ◇ small fire extinguisher
- ◇ pliers
- ◇ duct tape
- ◇ compass
- ◇ matches in waterproof container
- ◇ aluminum foil
- ◇ plastic storage containers
- ◇ flare gun
- ◇ wrench (to shut off household gas/water)
- ◇ whistle
- ◇ plastic drop cloths
- ◇ local area map

Sanitary & Cleaning Supplies

- ◇ toilet paper or towelettes
- ◇ soap/liquid detergent
- ◇ feminine supplies
- ◇ personal hygiene items (toothbrush, floss, deodorant)
- ◇ disinfectant
- ◇ household chlorine bleach
- ◇ plastic bucket with lid

Clothing & Bedding

- ◇ complete change of clothes in sealed bag
- ◇ sturdy shoes or work boots
- ◇ rain gear
- ◇ blankets/sleeping bags
- ◇ one pillow per person
- ◇ sunglasses

Special Items Not to Forget

For Adults

- ◇ heart & blood pressure medication
- ◇ insulin
- ◇ prescription drugs
- ◇ denture needs
- ◇ contact lenses & supplies
- ◇ extra eye glasses
- ◇ camera & film
- ◇ entertainment: quiet games & books
- ◇ cash/travelers cheques