



EM'S ULTIMATE CANOE TRIP PACKING LIST

Trip Details

Date:
Destination:
of days:

PERSONAL GEAR

SLEEPING BAG	HEADLAMP	MULTITOOL/KNIFE	DUCT TAPE
SLEEPING BAG LINER	SUNGLASSES	EARPLUGS/EYEMASK	BOOK/E-READER
SLEEPING PAD	WATER BOTTLE	PADDLING SHOES	CASH
PILLOW	TOWEL	CAMP SHOES	
BACKPACK/DRY BAG	SEAT/CHAIR	PORTABLE BATTERY	

CLOTHING

UNDERWEAR	LONG UNDERWEAR	BUG NET/JACKET	TOQUE/BUFF
SOCKS x #	PANTS x #	RAIN JACKET	MITTS
BRAS x #	SHORTS x #	RAIN PANTS	
T-SHIRTS x #	PAJAMAS	PUFFY JACKET	
LS SHIRTS x #	BATHING SUIT	SUN HAT	

TOILETRIES

MEDICATION	SUNSCREEN	SANITARY PRODUCTS	
TOOTHPASTE	BUGSPRAY	WET WIPES	
TOOTHBRUSH	LIPCHAP	TOILET PAPER	
HAIRBRUSH	SKINCARE	HAND SANITIZER	

GROUP GEAR

TENT	CLOTHESLINE	FIRE MITT	GAMES/CARDS
WATER FILTER	CARABINERS	LIGHTER	MAP
STOVE	ROPES/TETHERS	FIRESTARTER	FIRST AID KIT
POTS	PULLEY	AXE/SAW	BEAR SPRAY
COOKING UTENSILS	TARP	WORK GLOVES	

KITCHENWARE

UTENSILS	MUG		
PLATE/BOWL	SOAP & SPONGE		

CANOEING GEAR





















CANOE	LIFEJACKET	FOOD BARREL	SAFETY KIT*
PADDLES	CANOE REPAIR KIT	DRY BAGS	

Notes on clothing and packing for a canoe trip:

- Prioritize lightweight, quick-drying clothing for optimal comfort. A quick-dry long sleeve shirt is a bonus to protect against the sun and bugs.
- A hat and sunglasses are key for protection against the elements while on the water. Even if the weather calls for rain, a baseball cap is handy for keeping rain out of your eyes during paddling.
- Check the weather before you go and look at the expected temperature highs and lows. It's important to tailor your clothes to the seasons and weather.
- Versatile and sturdy footwear is essential, especially if you are portaging. For canoe trips, I recommend two pairs of footwear: a pair of water shoes (e.g. Crocs, sandals) to wear canoeing and around camp as well as a pair of waterproof trail running shoes or hiking shoes for portaging or wet/cold nights at the camp.
- Invest in quality dry bags or waterproof stuff sacks (and learn to properly seal them!) to organize and protect your gear. Utilize compression sacks to minimize bulk. Divide items into categories, such as clothing, sleeping gear, and food, and pack them into separate waterproof sacks. If portaging, make sure your bags can be carried comfortably over long distances.
- Amount of clothing to bring is a personal preference. See an example packing list on the next page.

Amount of clothes to bring on a trip is personal preference and will change with the weather and duration. See below an example packing list of what I typically bring on a 4-day trip in the Spring.

EXAMPLE PACKING LIST (4 DAY TRIP)

	Day 1	Day 2	Day 3	Day 4
Underwear & socks				
				
				
Paddling Clothes <i>(adjust to the weather, layer)</i>				
				
Outerwear				
Camp Clothes <i>(keep dry)</i>				

*Canoe Safety Equipment – Recommended by Transport Canada (February 2024)

- Lifejacket
- Buoyant throw rope (15m)
- Paddles
- Bailer/bilge hand pump
- Whistle
- Waterproof flashlight
- Navigation lights (if paddling at dark)

FOOD PLANNING

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Lunch					
Dinner					
Dessert					
Snacks					
Emergency meal(s)					