



Here is a list of what is recommended to be packed for a canoe trip :

CLOTHES

- ≡ 1 pair of ankle-high socks
- ≡ 1 tee-shirt
- ≡ 1 pair of pants
- ≡ 1 fleece
- ≡ 1 tee-shirt in micro fleece
- ≡ 1 hat or cap
- ≡ 1 small towel
- ≡ 1 wash cloth
- ≡ 1 towel for swimming
- ≡ 1 pair of sandals

CLOTHES KAYAK

- ≡ 1 windproof jacket
- ≡ 1 pair of shorts for the kayak
- ≡ 1 swimsuit
- ≡ 1 lycra
- ≡ 1 pair of shoes

HYGIENE

- ≡ toothbrush
- ≡ organic toothpaste
- ≡ razor
- ≡ organic soap
- ≡ mosquito repellent
- ≡ organic sunscreen
- ≡ balm for lips

CAMPING

MATERIAL

- ≡ tent
- ≡ duvet
- ≡ mattress
- ≡ tarp

KITCHEN/COOKING

- ≡ pots and dishes
- ≡ forks, knives and spoons
- ≡ a lighter
- ≡ a cloth
- ≡ a sponge
- ≡ gas camping cooker
- ≡ gas refills
- ≡ water filter
- ≡ biodegradable toilet paper
- ≡ trash bags 10L
- ≡ clothes pegs
- ≡ clothes line
- ≡ fishing pole

SECURITY

- ≡ survival blanket
- ≡ a compass

OTHER MATERIAL

- ≡ smartphone in a waterproof bag
- ≡ phone charger
- ≡ guide
- ≡ maps + pens
- ≡ book
- ≡ travel journal
- ≡ headlamp
- ≡ knife
- ≡ sunglasses
- ≡ camera

- ≡ tripod
- ≡ camera battery
- ≡ memory card
- ≡ solar charger
- ≡ batteries
- ≡ safety pin
- ≡ thread or rope

PHARMACY

- ≡ compresses
- ≡ band aids
- ≡ saline solution
- ≡ ibuprofen
- ≡ first aid kit