

Equipment checklist for a canoe trip

This list has been tested for trips of 30 to 60 days. It includes the essentials, although you can always do more minimalist. All this gear fits into a large 100/120 litre waterproof bag which will therefore contain all the bags described below. For shorter trips, surprisingly the equipment is not much different. Remember: the pack is the weight of our fears!



Par Paul Villecourt / www.opencanoefestival.com

1/ Overnight items (in a 20/30 litre waterproof bag):

- Sleeping bag
- Thermal bag for cold nights
- Inflatable mattress
- Sleep mask
- Ear plugs
- Inflatable or synthetic pillow

2/ Camping gear:

- Tent + ground sheet stored in a waterproof bag on the canoe, to take out quickly and dry during breaks
- Hammock if you prefer than a tent
- Tarp (essential!)
- Folding seat (take care of your back!)
- 120 L bag containing all the gear bags (buy really good waterproof bags!)

3/ Clothes (in a 20/30 litre waterproof bag):

- 3 t-shirts
- 2 pants of or zip-up shorts/pants that can be used for anything
- 3 kit of underwears
- 3 pairs of socks
- 3 Merino thermals for everything (bivouac and canoe)
- 1 flannel shirt for everything (because it's nice, it's warm and it's classy in a canoe!)
- 1 warm jumper or light hoodie
- Hat or cap
- 2 neck gaiters
- Down jacket
- Tights
- All-purpose gore tex or specialised canoe anorak with hood
- 1 pair of light outdoor shoes for the bivouac

4/ Toiletry bag:

- 1 soap in a Tupperware box
- Deodorant (some do without...)
- Toothbrush + toothpaste
- 1 large light towel for everything
- 1 razor
- Sanitary pads

5/ Pharmacy kit (in a small waterproof bag):

- Paracetamol
- Tweezers
- Physiological serum
- Bandages, compresses and cleaning pads
- Compeed (for blisters)
- Anti histamines
- White tiger balm
- Survival blanket
- Some essential oils

6/ Canoe gear:

- Lifejacket (PFD)
- Knife and whistle in the PFD
- Reeving kit: 3 prussiks (ropes), 5 karabiners, 2/3 pulleys, a reeving strap
- 15/20 metre safety rope
- Waterproof pants
- Water shoes (very good shoes or hiking boots: protect your feet!)
- Neoprene socks (warm and very comfortable, even when wet)
- Knee pads if there are no foam pads in the canoe
- River anorak or mountain Gore Tex good for everything
- Ropes on the canoe grab loops (2X 5/8 meters)
- 1 paddle per person + 1 spare per canoe
- Straps to attach the bags to the canoe (not essential: beware of foot entrapments!)
- Transport cart



7/ Kitchen barrel:

- Lightweight ground sheet
- Kitchen towel
- Stove + gas
- Pan
- Casserole
- Utensils (forks, spoons, knife, wooden spatula)
- Plates and bowls
- Salt and pepper in a small box
- Olive oil
- Lighter
- Scraper sponge
- Light folding bucket for washing up and laundry
- Bio dishwashing liquid
- Small waterproof bag sacrificed to use as a trashbag (10/20 litres)
- Water bag (10 litres or more).
- Individual water bottle
- Water filter
- Micropur / water disinfection tablets (in case of doubt)
- Cooler for some comfort trips
- Food (of course!)

8/ Repair bag (in small waterproof bag):

- Rislans
- Spare canoe screws and bolts
- Multi function tool
- Ducktape (essential)
- Simgrip type glue for repairing tents, mattresses, etc.

9/ Day bag (deck bag, waterproof, 20/30 litres):

- Lighter
- Toilet paper
- Hat or cap
- Windbreaker (specialised anorak or mountain Gore Tex)
- Sunglasses
- Sun cream
- Mosquito repellent / net hat
- Lip balm
- Papers / wallet
- Phone (tip: in a waterproof case)
- Headlamp
- Notebook + pencil

10/ Electronics (in a waterproof bag or small waterproof case):

- Camera
- SD cards stored in mini Tupperware boxes (2 to separate full and empty cards)
- USB charger for camera or Gopro batteries
- Camera batteries
- Mini tripod
- Solar panel
- 1 or 2 large batteries 24000 Mph + cables to charge batteries, phone...
- GPS watch or GPS + cable
- 4 port USB charger / wall socket if we cross the civilization
- Phone headphones (to listen to music...)

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