

PADDLER'S CHECKLIST to accompany the Northern Forest Canoe Trail's blog post [Planning and Packing for a Northern Forest Canoe Trail Through-Paddling Trip: A Basic Overview](#) by Katina Daanen

Paddling Gear

- Personal flotation device (PFD)
- Whistle
- Paddles (including spare)
- Bow and stern rope (painters)
- Knee pads or kneeling foam
- Canoe chairs or seat cushions
- Portage yoke
- Pole
- Bailing bucket or bilge pump
- Sponge
- Portage cart (wheels)
- Straps or tie-downs
- Spare cart parts (nuts, pins)
- CO2 for tire inflation
- Vessel repair kit (resins, duct tape)
- Dry suit
- Kayak skirt
- Paddling helmet
- Paddling gloves

Navigation

- Maps
- Map case
- Guidebooks
- Compass
- GPS
- Satellite messenger

Camping Equipment

- Tent with ground cloth or hammock
- Sleeping bag with waterproof compression or stuff sack
- Sleeping pad
- Pillow
- Tarp
- Stove
- Stove fuel
- Matches
- Fire starter
- Knife/Leatherman®
- Hatchet/Collapsible saw
- Cook set (cook pots, pan, bowls, cups, etc.)
- Utensil bag (spoons, knives, spatula, knife sharpener, can opener, biodegradable dish detergent, dish cloth, spice jars [salt/pepper, mixed dried herbs, sugar], etc.)
- Acrylic or polyethylene cutting board

Toiletries

- Sunscreen
- Mosquito repellent
- Toothpaste
- Dr. Bronner's or other soap/shampoo
- Dental floss
- Hand sanitizer
- Aspirin or ibuprofen
- Hydrocortisone
- Medications
- Wet wipes
- Trowel
- Toilet paper

Water

- Water purification system and/or tablets
- Water bottles
- Collapsible jug
- Food Storage
- Dry bag, barrel or canister
- Rope (with pulley) for hanging at night
- Food waste bag

Personal

- Passport
- Rain gear or splash jacket/pants
- Sun hat
- Sunglasses
- Head net and/or full body netting bug suit
- Gloves
- Water shoes or boots
- Camp shoes or sandals
- Clothing
- Compression sack or stuff bag for clothing
- Towel
- Journals
- Pens/pencils
- List of important phone numbers and addresses
- Book
- Deck of cards/game

First Aid/Emergency

- First aid kit
- Survival blanket
- Sewing or repair kit(s)
- Flares
- Personal location beacon
- Throw bag (rope)

Gadgets

- Headlamp
- Flash light
- Lantern
- Binoculars
- Camera
- Cellphone
- Tablet or laptop
- Chargers (electric and/or solar)
- Watch
- Alarm clock
- Waterproof cases or boxes

Miscellaneous

- Cable lock
- Duct tape
- Bandanas or rags
- Gear ties (bungee cords, Dealee Bobs®, Velcro® straps, carabiners)
- Extra batteries
- Candles
- Ziploc® bags
- Fishing gear
- Camp chair
- Bug (screen) shelter