

PADDLER'S CHECKLIST by Katina Daanen

© 2026 *The Northern Forest Canoe Trail Through-Paddler's Companion*

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 (marine grade epoxy, resins, duct tape, zip ties)
- Dry suit (optional/seasonal)
- Spray deck or kayak skirt (optional)
- Throw bag (rope)
- Paddling helmet (optional)
- Paddling gloves
- Micro spikes (e.g. YakTrax®), helpful for walking in streams and rivers

Navigation

- Maps
- Map case
- Guidebooks
- Compass
- GPS or Satellite messenger
- FarOut® app

Camping Equipment

- Tent with ground cloth or hammock
- Sleeping bag with waterproof compression or stuff sack
- Sleeping pad
- Pillow
- Stove
- Stove fuel
- Matches
- Fire starter
- Knife/Leatherman®
- Hatchet (optional)
- Collapsible saw (optional)
- 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

Water

- Water purification system and/or tablets
- Water bottles
- Collapsible jug

Food Storage

- Dry bag, barrel or bear canister
- Rope (with pulley) for hanging at night
- Food waste bag

Toiletries

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

Personal

- Passport (and downloaded CBP app)
- Rain gear or splash jacket/pants
- Sun hat
- Sunglasses
- Eye wear retainer
- Headnet and/or full body netting bug suit
- Gloves
- Watershoes
- Camp shoes or sandals
- Shoes suitable for portaging long distances
- Clothing (include some bright colors for visibility along highway portages)
- 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 (including blister care)
- Survival blanket
- Sewing and repair kit(s)
- Flares
- Personal location beacon

Gadgets

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

Miscellaneous

- Canadian currency for the Perkins Landing boat wash, camping fees and/or sundries purchased in Québec
- Cable lock
- Duct tape
- Bandanas or rags
- Gear ties (bungee cords, Nite Ize® rubberized twist ties, Velcro® straps, carabineers)
- Extra batteries
- Candles
- Ziploc® bags
- Fishing gear
- Camp chair
- Bug (screen) shelter
- Tarp
- Small flag (for highway portages)

Gear Bag Options

- Dry bag(s) 50 - 70 liter (canoe); smaller versions (kayak)
- Barrel (with harness)
- Wannigans
- Duluth® packs
- Backpack or rucksack
- Thwart bag for incidentals