

Lightweight Packing for CANOEING

Packing List and Tips

The thing to remember when you are packing to go hiking is this:

**EVERYTHING YOU PUT IN YOUR PACK, YOU HAVE TO CARRY IN A CANOE
AND IT HAS TO STAY DRY.**

Pack small, smart, light and water tight.

To water proof your bag you can:

- Buy water tight bags to line your back pack,
- Pack everything in a special canoe camping barrel (with rubber O-Ring), OR
- Double garbage your backpack on the inside and put everything into individual ziplock bags inside your backpack. This is the cheaper and easiest method. USE GOOD QUALITY GARBAGE BAGS that will not rip the first time you use them.

THEN, you wrap all the gear (not in barrels) in tarpaulines in the canoe to help keep the splashes off the bags and out of the puddles that form in the bottom of the canoe.

A few other ground rules:

- What rubbish you carry in, you carry out.
- Put your sleeping bag into its own thick garbage bag BEFORE putting it into your pack.
- Smaller items in pack pockets should be in 1 or 2 Ziploc bags to keep them dry.
- LEAVE room the TENT and FOOD which you will get later.
- Don't tie anything to the outside of your pack.

TIPS FOR PACKING:

1. Get all the gear together first and lay it out.
2. Line your back pack.
3. Sleeping gear should go in the bottom compartment of the back pack.
4. Clothing for later should go into the bottom of the main compartment.
5. Wrap food and cooking gear in a SEPARATE lining garbage bag (so food spills don't spoil your clean clothes) and put into top of main compartment.
6. Raincoat, map & compass into top pocket on lid of bag.
7. Smaller items needed for quick access into pockets of pack e.g. torch.
8. Items you need a lot should be at the top of the pack (of course).

Things you need to bring - NO ARGUMENTS

- Some "easy to eat" healthy snacks for when you are paddling - eg muesli bars, beef jerky
- 2L Water
- The gear on the next page

GEAR PACKING LIST FOR CANOE HIKES

Backpack

Backpack with adjustable straps and a waist band is the best sort. Not too big or heavy.

Footwear

- Covered shoes that you can get wet - preferably water shoes OR old sneakers with old socks. YOU WILL GET WET FEET.
- Comfortable sturdy closed walking shoes (solid sneakers are OK, not worn out or small) for the campsite.

Sleeping

- Sleeping bag (in garbage bag) [Feather down is lightest for warmth, rated at least 0degC or down to -10degC]
- Lightweight sleeping mat (foam or self-inflating)
- Inner-sheet (silk is best)

NOTE: NO pillow. Your pillow case is the sleeping bag cover and you will stuff it with clothing!

Eating and Cooking

- Light cotton bag containing:
 - o Plastic bowl
 - o Plastic mug
 - o Utensils (knife, fork, spoon OR spork OR splade)
 - o Tea Towel
- Water bottle (600mL PET bottle is OK) x 3 or 4

Clothing

Appropriate to the weather conditions or possible weather conditions.

Take multiple thin layers.

Canoeing clothing:

- Shorts (board shorts are good)
- Swimmers underneath,
- T-shirt
- Light, long sleeve shirt (Dad's old business shirt!)
- Wide brimmed hat
- Paddling gloves (if you own any).
- PFD (if you own your own)
- Light rain jacket (spray jacket)
- Light jumper

ALWAYS canoe in shorts, no matter the weather, especially if raining. You will get hot as you paddle and if it's raining you will not get too heavy with rain. And you are going to step into the water.

Other clothing:

- Shorts
- Track pants (no jeans)
- Lightweight warm jacket
- Extra jumper
- Long sleeved, collared shirt (flannelette from Woolies is perfect)
- 2 spare Socks (thick cotton are best)
- 2 spare T-shirt
- 2 spare Undies
- Other underclothing
- Singlet or thermal underwear
- Warm gloves
- Beanie
- Scarf

NOTE: No pyjamas are needed because you wear the next day's clean clothes to bed.

Toiletries

- Toilet paper! (½ roll is enough. Use as tissues)
- Soap (small hotel size)
- Toothpaste (enough for the hike only)
- Toothbrush
- Brush
- Hand towel
- Sunscreen
- Insect/leech repellent
- Deodorant!!!!!!!
- Ladies - don't forget the extra essential items only you will need

Miscellaneous

- Pen (Tracey Yap pens are perfect)
- Torch (put in new batteries)
- Lightweight, weather proof raincoat
- Compass
- Plastic bag for rubbish
- Garbage bag to keep wet & dirty clothing separate from clean dry stuff
- Camera (optional to document camp)

FIRST AID KITS

- o Band-aids (lots)
- o 1 sealed sterile dressing
- o 75mm Roller bandage
- o Triangular bandage
- o Safety pins
- o Own medications
- o Salt sachets
- o Whistle



To be carried by Patrol Leader:

- o Roll of adhesive dressing strip
- o Pair of scissors
- o Packet of gauze squares
- o 2 Non-stick dressings
- o Roll of adhesive tape (25 mm)
- o Wound Dressings (2 x No 14)
- o Fine point tweezers

WHAT NOT TO BRING ON CAMP

- Mobile phone or CB radios
- iPod or any other electronic devices
- Matches or lighters
- Cigarettes, drugs, alcohol, etc.
- Extra food (you will weigh too much)

**Remember, if you
don't want it ruined,
DON'T TAKE IT ON
CAMP.**

DON' T LET MUM OR DAD
PACK EXTRA STUFF.