

Flow North Paddling Company

Day Trip Packing List

This is a good packing list for any paddling day trip, whether you are renting a boat from us or not. If you are renting from us, all items with a * are included, and items with ** are available for a small fee.

For each kayak/canoe:

- bailer or water pump*
- rope*
- sponge*
- spray skirt (for kayaks)*
- spare paddle (for canoes)*

For each person:

- PFD*
- paddle*
- paddle leash*
- whistle (on PFD)*
- water bottle
- pocket knife
- map(s) in zip lock bag (if needed)*
- bug spray
- weather-appropriate extra clothing (ex. fleece in case it cools off, wind jacket, etc)
- sunglasses
- hat

Food:

- granola bars, trail mix, etc. for snacks
- extra water to refill water bottles
- sandwiches, pitas, whatever will make up your lunch!

Safety and Survival Kit:*

- first aid kit
- extra band-aids
- first aid book
- signaling mirror
- matches in waterproof container
- fire starter sticks
- emergency rations
- water purification tablets
- reflective emergency blanket
- packet of salt
- cutting wire (instead of axe)
- multi-tool
- small bug spray bottle
- toilet paper (in waterproof bag)

Additional Equipment/Supplies:

- bag for garbage (even better, double-bag it)
- GPS tracking device (if desired)**
- bear spray or bear bangers
- camera or binoculars
- dry bags for extra clothing (or cameras, binoculars, etc)**
- spare paddle for kayaks - 1 per group*

Do not bring:

- citronella-based bug spray (there's some evidence that this attracts bears)

* items included in rental

** available for rent



*Flow North
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