

# 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  
Paddling Company**

**Flow North Paddling Company**  
Box 3717  
High Level, Alberta T0H 1Z0  
Canada  
Phone: 780-926-2649  
Toll-free: 1-877-926-2649  
Email: [info@flownorth.ca](mailto:info@flownorth.ca)  
Skype: flow-north-paddling  
Web: [flownorth.ca](http://flownorth.ca)