

Flow North Paddling Company

Comprehensive Trip Packing List

Water Supplies:

- jug filled with good water
- water purification tablets

Stove:

- burner
- base
- fuel canister(s)
- grate or reflector oven or portable fireplace

Kitchen Supplies:

- pot(s)
- bowls
- cups
- cutlery
- paring knife (or 2)
- small cutting board
- dish rag
- dish towels
- paper towels
- biodegradable soap
- FOOD (make a separate list/menu)

For each kayak/canoe:

- bailer or water pump
- rope
- sponge
- spray skirt (kayaks) or spray deck (canoes) if paddling in whitewater
- spare paddle (for canoes)
- spare paddle, in 2 halves (for kayaks)

For each person:

- PFD
- paddle
- paddle leash
- whistle (on PFD)
- water bottle
- pocket knife (in PFD pocket)
- map(s) in zip lock bag

Safety and Survival Kit:

- first aid kit
- extra band-aids
- first aid book

Safety and Survival Kit continued:

- signaling mirror
- matches in waterproof container
- fire starter sticks
- survival rations or protein bars
- extra water purification tablets
- reflective emergency blanket
- packet of salt
- cutting wire (instead of axe)
- multi-tool
- small bug spray bottle

Camping Supplies:

- tent(s)
- sleeping mats
- sleeping bags
- small folding chairs
- axe
- small saw
- matches
- toilet paper (in waterproof bag)
- bag for garbage
- flashlights
- bug spray and/or bug hat/jacket
- tarps and/or groundsheet
- spare straps/rope

Additional Equipment/Supplies:

- GPS tracking device
- bear spray or bear bangers
- water-tight bags
- plastic pail (for hanging food in tree)
- ammonia spray bottle (to "mark" your territory)
- spare zip lock bags (large)
- repair kit*

Clothes:

- sun hat
- rain hat (or hood on rain jacket)
- heavy shirt or sweater
- medium-weight long-sleeved shirt
- light long-sleeved shirt
- T-shirt or sleeveless shirt
- underwear

(cont'd on next page)

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Clothes (continued):

- long underwear
- light pants
- zip-off pants (or shorts)
- fleece pants
- wind/rain pants
- old running shoes, water socks or some other easy-to-dry footwear
- dry shoes/hiking boots
- neoprene socks (if desired)
- 2 pairs warm (woolly) socks
- sport socks (several pairs)
- rain/windproof jacket
- fleece jacket
- bug jacket and/or hat
- sunglasses
- paddling gloves (if possible)

Personal Items:

- sleeping bag
- small pillow (if desired)
- washcloth
- towel (not too big)
- toothbrush and toothpaste
- hair brush
- sunscreen
- shaving supplies (if desired)
- prescription medications
- books, notebook, sketch book, etc. (if desired)
- binoculars/camera (in waterproof container)

You do NOT need to bring:

- shampoo (use biodegradable soap)
- smelly soaps, makeup, perfume, or deodorant (they attract bears)
- citronella-based bug spray (there's some evidence that this attracts bears)
- bottled water (use tablets or filters instead)

***Repair Kit**

This list comes from Bill Mason's book "Song of the Paddle." Some items are unnecessary for shorter, less-wilderness trips.

- accessories (various screws, nails, bolts, rivets, and spare flashlight bulb) in a small container
- Five-minute epoxy
- tube of seam sealer
- length of thin copper wire
- seat bolts
- cord or string
- contact cement
- small needle-nosed pliers
- piece of beeswax
- extra matches in waterproof container
- piece of cotton or nylon (for tent repairs)
- piece of soft leather (for repairing shoes, gloves, or packs)
- stitching awl
- whetstone (for sharpening knives or fish hooks)
- axe file (for sharpening an axe)
- needle and thread, safety pins
- duct tape
- swiss army knife (or other multi-tool)
- awl punch



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