



*The CANADIAN CANOE MUSEUM*  
*Le MUSÉE CANADIEN du CANOT*

## **CANOEING COURSE PACKING LIST**

The following is a list of what participants should bring with them to their course. It is important that all participants have what they need for safe and comfortable canoeing! Remember, all activities take place outside rain or shine! We will not be canoeing in severe weather.

- Hat
- Sunscreen—at least SPF 30
- Refillable water bottle (two if possible)
- Lunch
- Snacks
- One complete change of clothes, just in case!
- One warm sweater made of wool, acrylic or fleece
- Rain gear: Waterproof pants and hooded jacket. Soft shell materials are water resistant and will not hold up after a few hours of rain.
- Pair of shoes that can get wet will stay on your feet in the water. No flip-flops.
- Sunglasses
- PFD (lifejacket) and paddle if you would like to use your own. Remember, we have a supply for those who don't have their own.
- Notebook with pen/pencil for taking notes if you wish
- Waterproof phone case. We will have a dry bag that these can go in but if you'd like your phone on you, please plan ahead.
- Swimsuit and towel for swimming and canoe over canoe rescue (weather dependent)
- Registration paperwork (if not submitted in advance)

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