

Whitewater Canoeing Checklist

Clothing - For the River

Scout Shirt	Wear your shirt to the water.
Wool Sweater or Fleece Pullover	Wool or synthetic fiber: quick drying and warm.
Quick Dry Shorts or Swim Trunks	No Jeans! They're heavy and cold when wet.
River Shoes & Wool Socks	Old tie athletic shoes are good.
Rain Jacket	Light weight - we enjoy rain for hours - no ponchos (encumbering)

Daypack - For Essentials

Clothing (as above)	All clothing is stored in drybags.
Water Container & Water	Wide Mouth Nalgene bottle (32 ounce) is a great choice.
Sunblock	We're often in the sun for many hours.
Rope or Line	Polypropylene line floats, doesn't absorb water, great for tying in gear.
First Aid Kit	Keep it simple and accessible - consider TecNu for Poison Ivy.
Snacks	Essential for fun, to avoid excessive fatigue and even hypothermia.
Tee-Pee	Guaranteed
Trash Bags & Rubber Bands	For your trash; for waterproofing gear.

River Gear

PFD - Type III	Troop provided - sizing is important - don't want the PFD floating high on your shoulders.
Paddle	Handle should lie just under your chin with blade edge on the ground.
Bailer	Tied in using Troop rope (or maybe your rope) - keep your canoe filled with air not water.
Water Gun	Absolutely essential!
Painters	Troop provided - DON'T TIE ANYTHING TO THESE RESCUE LINES!
Headgear	Helmets are only imperative in closed canoes (C-2 or C-1) where Eskimo rolls follow capsizes or on canoes fitted with spray decks which hinder quick exit after capsizes. The Troop tradition is not to wear them, though feel free to buy and wear one if you like. A wide brimmed hat cuts glare and provides warmth (large amounts of heat are lost via the head).

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Food

Cooler	Take a small cooler that can be tied in, use bungee cords to keep it from springing open.
Snacks	These are important for Fun and for Health and Safety
Lunch	Perishables can be stored in your cooler; don't forget to waterproof everything
Breakfast	A small gas stove is very useful for breakfast
Dinner	Consider freezing and double wrapping beef/chicken etc. Partial cooking of vegetables helps.

Signals and Safety

Lead Canoe	Our leader. Watch for his signals. Don't get ahead of him.
Upstream Canoe	We're always changing positions (free-for-all). You're responsible for the canoe upstream of you (this is your buddy boat) - don't leave them alone up river.
Tail Canoe(s)	Our saviour(s). Tail canoes carry the most rescue gear. They look after each other and everyone else upstream.
River Left - Right	River left is 'left - facing downstream'. River right is 'right - facing downstream'.
Stop	Paddle held overhead in both hands spread far apart.
Go Left - Go Right	Paddle pointed either river left or river right.
Gather Together	Paddle circling with blade upright.
Whistle Signals	One sounding - look this way; Two soundings - group should stop; Three soundings - paddler in trouble or we have a problem.