

American Canoe Association Gear List

Essential items:

Clothing and gear for sun, wind, rain and immersion...

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|---|---|
| <input type="checkbox"/> Daypack or dry bag | <input type="checkbox"/> Wool or fleece hat |
| <input type="checkbox"/> Footwear: (2 pair, 1 for immersion) | <input type="checkbox"/> Wool or Fleece sweater |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Neoprene wet suit (if air° + H ₂ O° < 120°) |
| <input type="checkbox"/> Wool/synthetic socks | <input type="checkbox"/> Rain gear _ jacket _ pants |
| <input type="checkbox"/> Water bottles | <input type="checkbox"/> Hat/cap for sun protection |
| <input type="checkbox"/> Nylon shorts | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Short sleeved shirt (no-cotton) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Lightweight long pants (NO Cotton) | <input type="checkbox"/> Insect repellent |

Gear:

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|--|--|
| <input type="checkbox"/> Solo Canoe | <input type="checkbox"/> Kayak |
| <input type="checkbox"/> Kneepad | <input type="checkbox"/> Double blade paddle |
| <input type="checkbox"/> Straight Paddle | <input type="checkbox"/> PFD |
| <input type="checkbox"/> Tandem Canoe | <input type="checkbox"/> Spray skirt |

Optional Items:

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|--|--|
| <input type="checkbox"/> Paddling gloves | <input type="checkbox"/> Zip lock bags (to waterproof items) |
| <input type="checkbox"/> Bandana | <input type="checkbox"/> Polypropylene or silk long johns |
| <input type="checkbox"/> Bathing suit (you <i>will</i> get wet!) | <input type="checkbox"/> Bent Paddle |
| <input type="checkbox"/> Camera | <input type="checkbox"/> 12-15 ft. canoe strap |
| <input type="checkbox"/> Bug hat/shirt | <input type="checkbox"/> Throw Bag |

- We will do most of our work in solo canoes, moving to tandem canoes and solo kayaks to check off skills on both flat and moving water.
- Participants will be sitting *and* kneeling in boats; kneepads are important.
- Everyone will be doing boat over boat rescues, wet exits and deep water re-entry.
- Bring immersion-wear, a towel and a change of clothes.