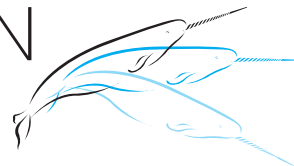


Checklist

Absolute Essentials		
	PFD (personal floatation device)	Distress flares
	Paddle	Pump or bailer
	Sprayskirt	Waterproof flashlight or headlamp
	Whistle or other sound-signalling device	Throw bag, 15-metre floating line
	Compass or GPS	Spare paddle
	Paddle float	
And Don't Forget:		
	VHF or weather radio system	Neoprene gloves or poogies
	Wet suit	Spare clothes
	Paddling jacket or windbreaker	Hat, cap or knitted cap
	First aid kit	Sunglasses
	Repair kit	Keep afloat (for eyeglasses)
	Matches or lighter	Sunscreen
	Candles	Sandals or shoes
	Knife	Food
	Tide tables	Small stove and fuel
	Nautical or topographic chart	Pots and pans
	Bottles of water	Toilet paper
	Dry bags	Ground sheet
	Synthetic undergarments	Spare cords
	Neoprene boots	
Fun Stuff		
	Board games	Some good tales
	A good book	Munchies
	One or more friends	Your imagination
	Harmonica	Fun and beautiful weather!
Remember to leave a copy of your travel plan with a responsible individual.		
Other		

BORÉALDESIGN



info@borealdesign.com
www.borealdesign.com