

Advices for Canoeists

Personal equipment:

T-shirt
Shirt
Long underpants
Socks
Trousers
Track suit
Sweater
Wind jacket
Cap
Raincoat
Rubber boots
Track shoes
Shorts
Bathing cloths
Towel
Personal hygiene

Shared equipment

Tent/ tarpaulin *
Spirit-stove *
Kitchen belongings:
Whisk, Knife, dish-washing
brush/ liquid, Cutting-board,
Matches, Mugs, Plates,
Utensils, Thin-opener &
Plastic-bags.
Water-can *
Family medicine-chest
Map / Tour-description *
Latrine-shuffle *

Other equipment

Sleeping-bags
Ground-madrases
Mosquito-repellent
Knife
Axe *
Torch
Field-glasses
Candle
Rope
Waterproof-plasticcan 60 L
*

* It's possible to rent.

Remember:

To plan your trip well.

Always use lifejacket.

If you paddle over lakes stay close to shore.

If it is strong wind on the day it is better to stand still during the day and paddle during the evening.
When the wind normally is reduced.

Stow your equipment that you do not want to get wet in a waterproof-plasticcan * and tie all other equipment to the canoe.

That it is vacation and therefore not plan to long day distances.

Check if it is any fire restrictions and use if possible the fire-place at the wind-shelters.

Place your camera-equipment and other important stuff in a waterproof-plasticcan *.

Don't leave any garbage after you.

Show respect for surrounding nature and habitants.

We wish you a
pleasant canoe trip.



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