

**Attention Visitors - Important Notice!**

**ESSENTIAL EQUIPMENT**

The equipment listed below is the minimum you need in order to safely paddle Nation Lakes. Please ensure you bring these items. Luxuries such as folding chairs are nice, but remember, the more you bring, the more you will have to carry should you have to portage. For your safety, you must ensure that you can load all your equipment and both people in your canoe and still have at least 15 cm (6") of freeboard when the canoe is in the water. (Freeboard is the vertical distance between the water and the lowest point on the rim of the canoe.) Try this at home before you leave. If there is less than 15 cm of freeboard, you either have too much gear or too small a canoe.

**Paddling:**

- Canoe or sea kayak
- Paddles, plus one spare paddle per boat
- Life jacket/PFD - one per person
- Two 15m (50ft) 5 mm (min.) diameter ropes for tying canoes
- Bailer and sponge
- Sunscreen/sun hat
- Sunglasses
- Waterproof pants, jacket and hat
- Old sneakers that can get wet, or "all terrain" sandals
- High-energy snack/lunch food
- Map of the lakes (park brochure)
- Waterproof containers for your first 60lb of equipment (if using cart), and rope to tie them into the boat.
- Water bottles
- Personal survival kit - one to be carried by each paddler (small fanny pack containing emergency blanket, fire starter, matches and snack food).

**Portaging:**

- Large backpack/portage pack with hip belt
- Hiking boots and socks

**Camping:**

- Bear pepper spray
- Tent - good quality with waterproof fly and mosquito netting
- Tarp/heavy duty plastic sheet - for keeping rai off your gear
- String/rope to hang tarp
- Sleeping bag good to 0°C (32°F), or warmer in shoulder seasons
- Sleeping pad - closed cell foam or "Therm-a-

Rest" type

- Flashlight/headlamp and spare batteries
- One-burner portable stove and fuel
- Axe
- Water treatment system, e.g. filter and collapsible water jug
- Matches/lighters in waterproof container
- Fire starter, e.g.candles
- Food – dehydrated food is recommended; canned food is heavy to portage, and fresh food may not keep for the duration of the circuit. Plan each meal ahead of time: measure out the food, then double-bag it to keep it dry.
- Garbage bags
- Knife
- Spoon, fork, bowl, cup
- Pots - lightweight nesting style
- Scrubby for cleanup
- Wash kit - small towel, toothbrush, comb, contact lens solution, personal medications, etc.
- First aid kit and blister kit
- Toilet paper
- Insect repellent

**Clothing:**

Use polyester or wool clothing, and dress in layers. Jeans and other cotton items are not suitable for the Circuit - weather can be cold and wet for days at a time, and cotton holds the damp against the skin. This can cause hypothermia. A fleece or wool hat can be a lifesaver, since a high proportion of body heat is lost through the head.

**Not essential but recommended:**

- Camera and film
- Canoe/kayak cart for portages (see regulations)
- Binoculars
- Field guides to birds, plants, etc.
- Swimsuit