

# Canoe Sweden Packinglist



## What to pack

When you decide to do a tour of canoe or outdoor activities, you are depending on the weather. That is why it is important to protect yourself from the water, the sun and the rain.

Your wardrobe depends on the weather. In fact, during spring time, around May, the temperatures during nights can drop below zero. It is not uncommon to have snow and sometimes ice can remain on the route. So mornings are cooler and the sleeping bag can be very comfortable. During summer, from June to August, it is nice to sleep out in the open and evenings are longer. Plus, the sun goes down at 11pm and the sun rises around 3:30am which is nice.

Autumn is rapidly approaching at the end of August. The rain comes with cooler nights, but the temperature in the lakes is very good.

## What you need to pack

1 pair of hiking shoes

4-6 pairs of socks

4-6 shirts / T-shirts

A pair of thick socks

A windbreaker

A cap

A rainwear

1 pair of gloves (spring fall)

A pair of sandals

4-6 underwear

1-2 pairs of jeans

1 pair of shorts

A sweatshirt

A swimsuit

A sleeping bag

And Toiletries, sunglasses, thermos, first aid kit, lamp, compass,. Binoculars and Camera should be well packed in a waterproof pouch or a small barrel.

## Tip!

To appreciate more your trip, do not bring too much luggage on the canoe. No matter what kind of baggage you bring with you, they should be packed very carefully.

Clothing in plastic bags placed in the backpacks.

Small tip: Put your stuff in several dry bags, so you are always having dry stuff and at the same time you increase the floatability of your bags. Never take more luggage than you can carry yourself.

For canoeing, you need a quality backpack or a waterproof bag.

Info and Booking: [www.canoesweden.eu](http://www.canoesweden.eu)

Mail: [info@canoesweden.eu](mailto:info@canoesweden.eu)

Canoe Sweden is an **Quest Outdoor and Adventure** company

Quest Outdoor and Adventure, Driepaal 2, 3650 Dilsen, Belgium

