An aerial photograph of a white canoe with two people inside, floating on a calm river. The river is surrounded by dense, lush green trees and foliage. The water is dark and reflects the surrounding greenery. The overall scene is peaceful and scenic.

# PACKING LIST

## THE CANOE TRIP

Tip: leave everything that is not essential for this trip at home. The lighter your luggage, the more pleasant your trip!

**THE CANOE TRIP**

# CHECKLIST

## CLOTHING

- Hiking boots
- Water shoes / sandals
- Socks and underwear
- Warm sweater
- Pyjama
- Swimwear
- Sunglasses + cap
- Waterproof jacket
- Waterproof zip-off trousers
- Paddle gloves

## TOILETRIES

- Lip balm
- Microfiber towel
- Sunscreen + aftersun
- Bug repeller
- Biodegradable soap & shampoo
- Toilet paper
- EHBO set
- Toothbrush and toothpaste
- Tick pliers

## CAMPING GEAR

- Camping Gear\*
  - Light & compact tent
  - Sleeping bag
  - Sleeping mat
- Pillow
- Refillable drinking bottle
- Lighter
- Flashlight or headlamp
- Small camping chair
- Cooking equipment + food\*
- Reusable cutlery and plates
- Tarp
- Duct tape for minor repairs

*\*You only need to bring this if you did not book this through Canoe Tribe.*

## EXTRA'S

- ID + bank card
- Smartphone + charger
- Power bank
- Sleep mask and earplugs
- Water purification tablets or water filter
- Camera/GoPro
- Flashlight
- Reusable cup, plate, cutlery

**Please note that the weather in Sweden can change quickly. Be prepared for good and bad weather.**

# WE PROVIDE THIS

## MATERIAL

- Canadian Canoe + Paddles
- Life jackets
- Waterproof barrel and large drybag
- Map and directions
- Trangia cooking set with accessories
- Nature card for overnight stays in the nature reserve
- Dutch-speaking guidance
- Daily activities
- Passage through the locks
- Exclusive smartphone app

## OPTIONAL to rent

- Fresh & black tent (2p)
- Sleeping bag
- Inner sleeping bag
- Sleeping mat

## OPTIONAL to book

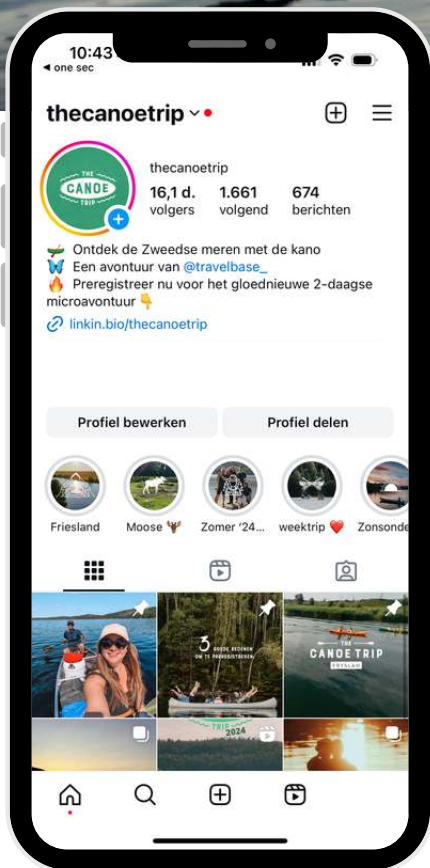
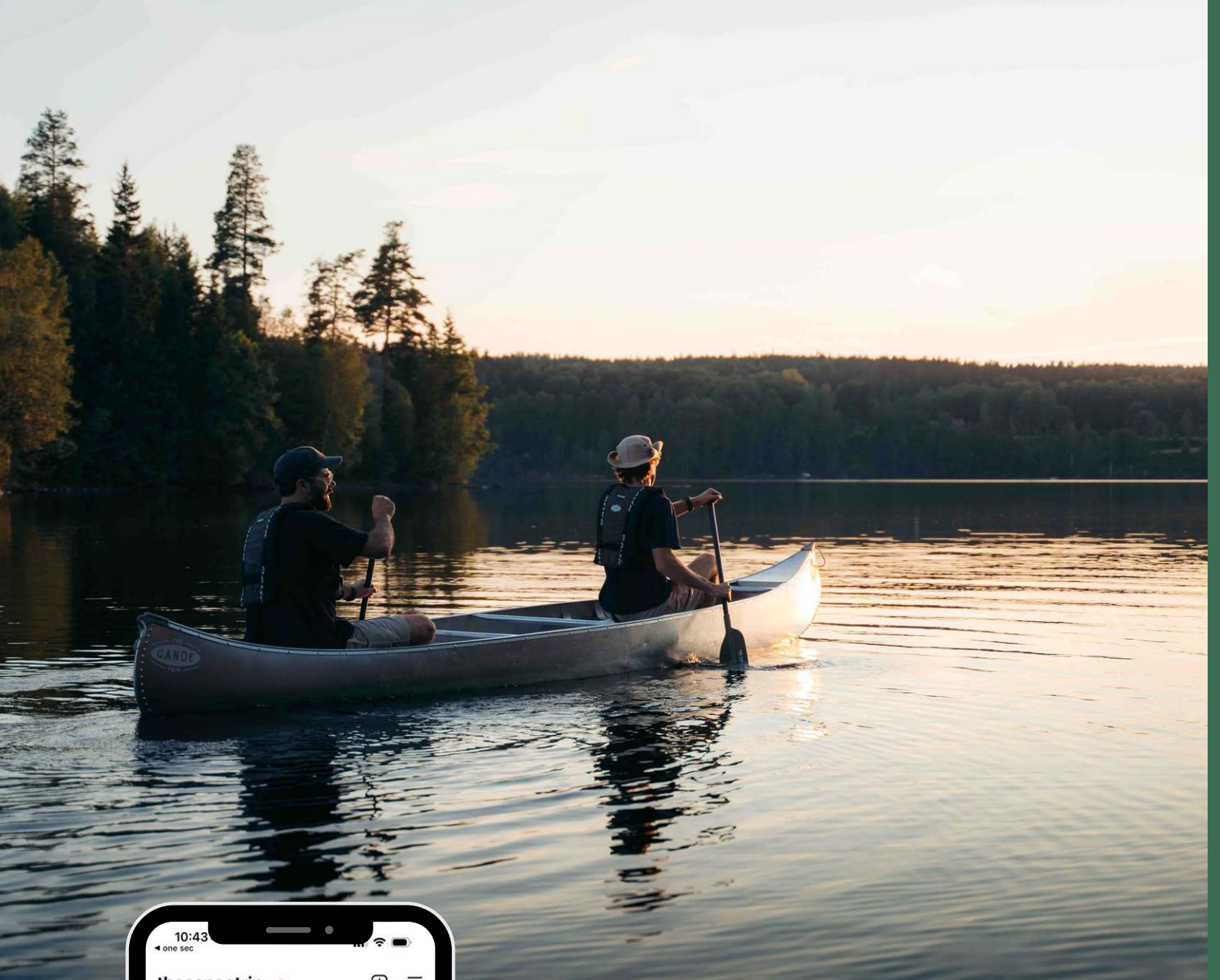
- The Canoe Trip foodpack

Haven't rented camping gear yet, but changed your mind? Feel free to send an email to [info@thecanoetrip.com](mailto:info@thecanoetrip.com) to add it to your booking (subject to availability).

## TIP FROM KERSTIN:

GO FOR A WATERPROOF DUFFEL BAG OR A TREKKING BACKPACK WITH A RAIN COVER TO CARRY YOUR STUFF IN. A TARP TO PUT OVER YOUR LUGGAGE IN THE CANOE IS ALSO A MUST-HAVE!








## PRE-DOWNLOAD

- [Travelbase App](#)

## FOLLOW AND TAG US

-  @travelbase.world #thecanoetrip
-  @travelbase.world
-  @travelbase

## DON'T FORGET YOUR ESSENTIALS

- Hiking boots
- Water shoes / sandals
- Sunscreen
- Microfiber towel
- Camping gear\*
- Cooking equipment + food\*
- Drinking bottle
- Flashlight
- Warm sweater
- Swimming gear
- Raincoat
- Mosquito spray
- Sunglasses
- Hat / cap
- ID card
- Power bank
- Reusable cup, plate and cutlery

*\*If you did not book this.*

**THECANOETRIP.COM**

**FOLLOW US @TRAVELBASE.WORLD**



WOULD YOU LIKE TO ADD A CAMPING PACKAGE? YOU CAN DO THIS VIA YOUR PERSONAL PROFILE AS LONG AS THERE IS AVAILABILITY. IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CONTACT US AT [INFO@THECANOETRIP.COM](mailto:INFO@THECANOETRIP.COM).

See you in Sweden!

