



CANYONING CHECKLIST

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CANADIAN
CANYONING
ASSOCIATION

CANADIAN CANYONING

ASSOCIATION

CANYONING CHECKLIST



APPAREL

- Wetsuit / Drysuit
- Thermal Layers
- Neoprene Socks
- Hood / Balaclava
- Gloves
- Boots / Shoes

PERSONAL SAFETY

- Whistle
- Knife
- Lighter
- Headlamp
- Survival Blanket
- Compass
- First Aid
- Fluids
- Sustenance

PERSONAL GEAR

- Pack
- Helmet
- Harness
- Double Lanyard
- Rappel Device (plus spare)
- Canyon Quickdraw
- 6 Locking Carabiners
- 2 Non-Locking Carabiner
- 5m x 6mm Cord

GROUP GEAR

- Rope(s) (static, 3x the longest rappel)
- Rope Bag
- Webbing
- Quick Links
- Anchor Tools
- Boots / Shoes

GROUP SAFETY

- Emergency Satellite Communicator
- Route Information
- Local Contact Notification
- Water Treatment / Filter
- Reststop 2

FIRST AID (Expanded)

- Medications
- Ibuprofen
- Aspirin
- Bandages
- Gauze
- Compress Pads
- CPR Barrier
- Gloves
- Tensor Bandage
- Duct Tape

Canyoning is inherently dangerous. Please seek a reputable training provider before attempting any canyon activity. Contact the Canadian Canyoning Association for a list of accredited trainers. This list is NOT comprehensive and is for reference only.