



CANOE TRIPPING LEVEL 1	
Canoe Tripping Level 1 provides an introduction to canoe tripping for those with little or no tripping experience. Emphasis is on wilderness canoe camping skills and safety.	
Overview Of Level 1	
Prerequisites ORCKA Flatwater Level, equivalent certification or comparable skills and experience (with the permission of the Course Director).	
Minimum Course Length Canoe Tripping 1 (excluding overnight canoe trip) - 12 hours Canoe Tripping 1A (excluding overnight canoe trip) - 8 hours Canoe Tripping 1B (excluding overnight canoe trip) - 8 hours	
Safety Swimming and treading water Retrieving a swamped canoe Canoe over canoe rescue Self rescue Line toss and rescue Communications Theory Canoeing heritage Canoe design and construction Trip planning Canoe tripping gear Clothing and personal effects Tools and repair kits Canoeing first aid Weather interpretation Environmental practices and concerns Canoeing resources	Skills Canoeing Food and menu planning Packing Navigation Campsites and shelters Fires and stoves Knots and lashings Portaging Canoe trip