



Preparing for a canoeing trip?

April 26, 12:05 PM ■ Pittsburgh Outdoor Recreation Examiner ■ Ryan Kelley




facebook

Comment



Subscribe

Next

 [ShareThis](#)



A sunburned hand after not using enough sunscreen after a day on the Allegheny River.

Ryan Kelley

It's that season again, where the sun begins to shine through those ever present Pittsburgh clouds and the feeling of warmth on pale, cold faces returns after the long Pittsburgh winter. Is it a leisurely trip or is it a wilderness trip where contact with the outside world will be difficult? Western Pennsylvania offers both types of water, and many are within a few hours drive of downtown Pittsburgh.

This article is to advise the average person what to bring for a leisurely trip down the Allegheny River (for example). There are businesses throughout the area that rent canoes/kayaks for a nominal fee. Some charge by the hour,

others by the day. They should provide the essential items that needed for a few hours on the river: boat, paddle, PFD (Personal Flotation Device, or life jacket). Items that are not provided but are needed: Sunscreen (SPF 50 or higher – more on that later), snacks in watertight containers or baggies, a waterproof camera, a hat, sunglasses (and a cord for them so they don't fall in the water), a pair of shoes that can (and most likely will) get wet, and a bathing suit and/or clothing that can get wet.

The sunscreen issue cannot be overlooked. Most people apply sunscreen prior to their trip or "when they feel the sun is hot." Unfortunately, that's not the case. Apply sunscreen every few hours, especially since you are so close to the water. The water will reflect the sun's rays and intensify them. If not applied every few hours, your hands (and entire body, for that matter) can look like the photo captioned. With careful preparation, sunburns can be avoided, and it will make the trip all the sweeter.

More About: [Canoeing](#) · [Sunscreen](#) · [Calm Water](#)