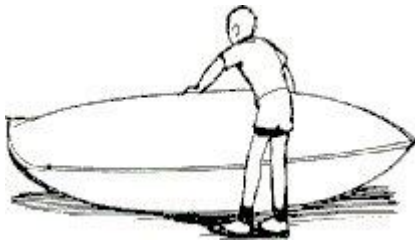


How to Portage a Canoe

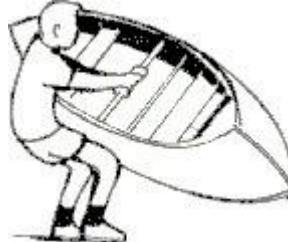
There are times you're going to have to portage, or carry your canoe from one lake or river to another. If possible, carry the canoe with someone else. One person can carry it for a little while, then, someone else can take it. It's actually easier for one person to carry the canoe on his/her shoulders than to share the load. Canoes with carrying yokes have been balanced to be carried by a single person.

The illustrations below demonstrate the best way to portage your canoe. If you have difficulty flipping the canoe up directly onto your shoulders, have a friend hold up the bow while you walk under and get your shoulder under the yoke (see **Two Man Lift** below). Set your canoe down gently at the end of all portages. Dropping your canoe can damage the hull and cause leaks. Always remember that your canoe is your only source of transportation in and out of the wilderness.

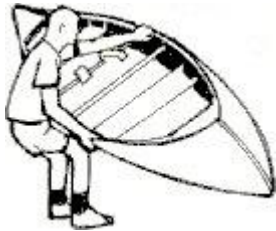
1. Tip canoe on its side.



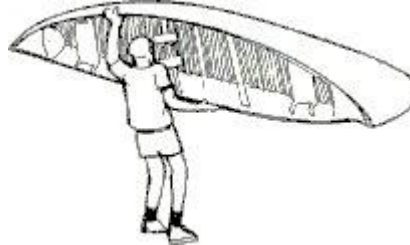
2. Place knees under canoe and raise to lap.



3. Grab thwart on far side with left hand.



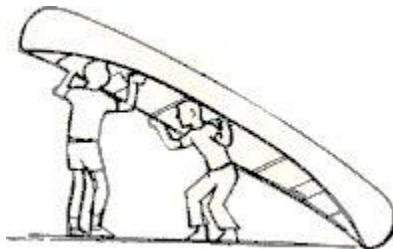
4. Lift canoe over as you raise it.



5. Drop the yoke on your shoulders.



Two Man Lift



"Wait until we reach shore. You're portaging too soon."