



## How to Portage a Canoe

When taking your canoe trip in the BWCA or Quetico Park, there are times you're going to have to portage, or carry your canoe from one lake or river to another. We've provided illustrations below to 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 shoulders under the yoke (see TWO MAN LIFT below). Set your canoe down gently at the end of all portages. Always remember that your canoe is your ONLY source of transportation in and out of the wilderness.

### ONE PERSON LIFT



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 PERSON LIFT

