

One person carrying a canoe

*I think one person should carry the boat: two people stumble or trip each other up.
Put your pack on before picking up the boat. Until camp, never remove your PFD.*

Two people helping one carrier

- To put the boat up, lay the boat flat, *bottom* on the ground
- Have the two people – “spotters” – pick up the boat vertically, get it about waist high, rotate the boat so the open bottom will be above the person carrying, & lift the boat up to the carrier’s shoulder height.
- While the spotters hold the boat, the carrier crouches under & settles the yoke on shoulders. (If the pack’s in the way, here’s the time to adjust it.)
- When the carrier’s ready, tell the spotters to step back, but be ready to grab the boat if it slips. Balance the boat before taking steps.
- Off you go.
- To take the boat off, reverse the steps:
 - The carrier holds the boat steady
 - The spotters hold the boat ends
 - The carrier steps out
 - The carriers take & rotate the boat & set it down gently – watch rocks!

One person helping one carrier

- To put the boat up, lay the boat *upside down, tips* on the ground
- Have one person – “spotter” – pick up one end of the boat, raise it up vertically while walking forward, until arms are extended so the boat’s above the carrier at a 45-degree angle & the yoke is about up to the carrier’s shoulder height.
- While the spotter holds the boat, the carrier crouches under the yoke [either facing the spotter or away, your choice: I like facing, because I like to talk to the spotter] & settle the yoke on shoulders. (If the pack’s in the way, here’s the time to adjust it.)
- When the carrier’s ready, tell the spotter to step back, & proceed to balance the boat before taking steps.
- Off you go.
- To take the boat off, reverse the steps:
 - The spotter holds one boat end & raises it up while the carrier tips the other end to the ground & holds the boat firm to create the angle.
 - When the spotter & the carrier are ready, the carrier steps out.
 - Both people rotate the boat & set it down gently – watch rocks!

One carrier getting it up alone

If you have nothing but *yourself* (but see the next section):

- To put the boat up, lay the boat *upside down, tips* on the ground
- The carrier imagines being a spotter – pick up one end of the boat, raise it up vertically while walking forward, until arms are extended so the boat's above the carrier at a 45-degree angle & the yoke is about up to the carrier's shoulder height.
- The carrier crouches under the yoke & settles the yoke on shoulders. (If the pack's in the way, here's the time to adjust it.)
- When the carrier's ready, tip up the down-end of the boat & proceed to balance the boat before taking steps.
- Off you go.
- To take the boat off, reverse the steps:
 - The carrier tips one end to the ground & holds the boat firm to create the angle.
 - When the carrier is ready, the carrier steps out.
 - The carrier walks backward lowering the boat, then rotates the boat & sets it down gently – watch rocks!

If you have a *magic tree* with a limb or crotch in just the right place, about 7 or 8 feet up in the air:

- Heads up: this is easiest if you face the tree.
- It's hard to start with this: the maneuver starts when you're taking off the boat.
- To take the boat off, the carrier sticks the forward end (facing-the-tree) into the crotch or branch, keeping the boat *upside down*. Tip the boat so it's above the carrier at a 45-degree angle & the yoke is about up to the carrier's shoulder height.
- The carrier tips the other end to the ground & holds the boat firm to create the angle.
- When the carrier is ready, the carrier steps out.
- To put the boat on, reverse the steps:
 - The carrier steps under the boat, raises it up & holds the boat firm to create the angle.
 - When the carrier is ready, the carrier steps back (watch for stumps), balances the boat, & off you go.