



SUGGESTED CLOTHING AND EQUIPMENT LIST

Please ensure that all articles are labelled. This list is to be used as a guide only and is based on the needs of two-week campers – please use your own judgement when packing.

Suggested Clothing

- 7 t-shirts
- 2 long-sleeve shirts
- 2 sweatshirts

- 4 pairs of shorts
- 3 pairs of pants

- 2 bathing suits
- 8 pairs underpants
- 2 pair pyjamas
- 8 pairs of socks (2 pairs heavy socks)

- 1 hat
- 1 rain suit or raincoat/jacket
- 1 pair of sandals
- 2 pairs of running shoes
(include 1 old pair for wet use)

- 2 towels
- 1 laundry bag

Toiletries

- soap and shampoo
- toothbrush & toothpaste
- comb and/or brush
- sunscreen (SPF 30 or greater)
- mosquito repellent (no aerosol cans please)

Bedding

- pillow & pillowcase
- sleeping bag
- blanket (other bedding as desired)

Equipment

- flashlight/headlamp & batteries
- 1 Government approved Life Jacket/P.F.D.
- canoe paddle
- 1 Water bottle (durable)

Optional Articles

- writing supplies (pen/paper/etc.)
- books, games
- camera/film
- musical instruments
- mask, snorkel, fins
- fishing tackle, rod
- 1 pair rubber boots

Please note that all our campers will be going on canoe trips. As your child gets older, they will have the opportunity to go on longer and more challenging trips. Our tripping staff has provided a list of items that will be useful on trip.

Please consult the list on the next page

ITEMS NOT TO BRING

Kandalore strongly discourages campers from bringing any of the following items to camp.

- iPods, iPads & other electronics
- Digital Cameras (Disposable cameras are recommended)
- Cell Phones
- Knives

CANOE TRIP PACKING LIST

When packing for trip, please keep in mind that thick cotton products are difficult to dry and therefore are not recommended. Thin cotton does work, but thick items such as socks are not ideal. Fleece, polyester and wool dry quickly and keep kids warmer so they are ideal for trip. Technical trip clothing can be expensive and quickly grown out. Oftentimes the best place to find trip gear is at second hand store like Value Village. For new products we would recommend looking at MEC, Trailhead or EuropeBound.

- Dry Sac: 30 L or Smaller, preferably without back straps
- Sleeping Bag: (Rated 0 to -7 Celsius)

Wet Clothes

- Shoes: We do require closed toe shoes to protect feet, old running shoes work well. Solomon, Merrell and Keen make great quick dry shoes. *Crocs are not ok as they are very slippery.*
- Socks: Wool, Fleece or Smart wool. Cotton socks are not recommended as they will not dry while on trip, and don't keep toes warm when wet.
- Bathing suit: No tie halter tops (The string will hurt when portaging under canoes).
- Shorts: Soccer or basketball shorts work very well. No cotton or denim.
- T shirt: An old one, will get dirty/wet. Quick dry works best, thin cotton is good too.
- Long sleeve shirt: Thin button down flannel shirts work best (quick dry/polyester)
- Hat: Brimmed to keep the sun off
- Rain Gear: Please avoid Poncho's, as they are not durable. Rain pants are good, but not necessary.

Dry Clothes

- Shoes: Anything you'd like, but keep in mind flip flops can't be worn with socks.
- Socks: Once again, wool, Smart wool or fleece. Please avoid cotton once again.
- Pants: Please no jeans! Fleece works best, sweatpants are good.
- Long sleeve top: cotton is fine
- Warm top: fleece would be best, small, packable sweatshirt would work.
- Underwear: Only a few pairs

Misc

- Sunscreen
- Flashlight
- Toothpaste
- Toothbrush