



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)
- 2 pairs of heavy socks

- 1 sun 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
- 1 white shirt for tie-dye

TOILETRIES

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

BEDDING

- pillow & pillowcase
- sleeping bag
- blanket
- fitted sheet
- Other bedding as desired fit for a single bed

EQUIPMENT

- Flashlight or headlamp (preferable)
- batteries
- Government approved Life Jacket/P.F.D.
- canoe paddle
- Water bottle (durable)

OPTIONAL ARTICLES

- writing supplies (pen/paper/etc.)
- books, games, cards
- camera (cellphones cannot be used as cameras)
- musical instruments
- goggles
- fishing tackle, rod
- 1 pair rubber boots

ITEMS NOT TO BRING

- Cell phones, iPods, tablets, computers & other electronic devices
- Knives (including Swiss Army Knives)
- These items will be confiscated

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

CANOE TRIP PACKING LIST

BEDDING

- Dry Sac: 30 L or Smaller, preferably without back straps
- Sleeping Bag

WET CLOTHES

- Shoes: We do require closed toe & closed heel shoes to protect feet, old running shoes work well. Solomon, Merrell and Keen make great quick dry shoes. *Crocs are not acceptable.*
- 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)
- 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 comfortable. No flip flops.
- Socks: Once again, wool, Smart wool or fleece. No cotton.
- Pants: No jeans! Fleece or sweatpants.
- Long sleeve top: cotton is fine.
- Warm top: fleece is best or a small, packable sweatshirt.
- Underwear: 3 or 4 are good unless a camper would like more for longer trips.

MISCELLANEOUS

- Sunscreen
- Flashlight or headlamp (preferable)
- Toothpaste
- Toothbrush

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. Please note, we partner with MEC and there will be a 10% discount for all Kandalore families on May 25th from 12:00-6:00pm at the new Queen St West location.