

PACKING LIST



SUGGESTED CLOTHING

- 7 t-shirts
- 2 long-sleeve shirts
- 2 sweatshirts
- 4 pairs of shorts
- 3 pairs of pants
- 2 bathing suits
- 8 pairs of underpants
- 2 pairs of pyjamas
- 8 pairs of socks
- 2 pairs of heavy socks
- 1 sun hat
- 1 rain suit or raincoat
- 1 pair of sandals
- 2 pairs of running shoes (include 1 old pair for wet use)
- 2 towels
- White t-shirt or clothing item for tie-dye at arts and crafts

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/headlamp & batteries
- Government approved Life Jacket/P.F.D.
- Canoe paddle
- Water bottle (durable)
- Whistle (e.g. Fox 40)

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 of rubber boots

ITEMS NOT TO BRING

- Phones, iPods, tablets, computers & other electronics
- Knives

These items will be confiscated

Please note that **all** of our campers will be going on canoe trip. Please consult the list on the next page for items to pack for trip.

We recommend against bringing any items of value that will be greatly missed or are irreplaceable.

CANOE TRIP PACKING LIST



EQUIPMENT

- Dry Bag 30L or smaller
- Sleeping bag

WET CLOTHES

- Closed toe and closed heel shoes: (old running shoes, quick dry shoes) Crocs are not acceptable
- Socks: Wool, fleece or Smart wool. Not cotton
- Bathing suit: No halter tops (the knot will hurt when portaging)
- Shorts: Quick dry sport shorts work well. No cotton or denim
- T-shirt: It will get very dirty. Quick dry or thin cotton
- Long sleeved shirt: Quick dry or polyester
- Sun hat: Wide brimmed keeps more sun off
- Rain gear - rain jacket & rain pants: Please avoid ponchos as they are not durable

DRY CLOTHES

- Shoes: Anything comfortable. No flip flops
- Socks: Wool, fleece or Smart wool. 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
- Bug spray
- Flashlight or headlamp (preferable)
- Toothpaste
- Toothbrush

OPTIONAL

- Sleeping pad (must be compressible such as a Therm-a-rest)

When packing for trip please keep in mind that cotton products are difficult to dry and not recommended. Fleece, polyester, and wool dry quickly and keep campers warmer, so they are ideal for trip. Secondhand gear can be found in stores like Value Village. For new products, we recommend stores like MEC, Trailhead or Europe Bound.