




## Equipment List

<p><b>FOR THE TRIP</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Dry bag OR 1 large backpack or duffle bag (Not suitcases with wheels)</li> <li><input type="checkbox"/> Plastic garbage bags 110 x 120 cm. extra resistant</li> <li><input type="checkbox"/> 1 small backpack</li> <li><input type="checkbox"/> Sneakers</li> <li><input type="checkbox"/> 1 pair of sweat pants or synthetic pants</li> <li><input type="checkbox"/> Synthetic short sleeve t-shirt</li> <li><input type="checkbox"/> A warm fleece or jacket</li> </ul>
<p><b>TOILETRIES</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Toothbrush</li> <li><input type="checkbox"/> Toothpaste</li> <li><input type="checkbox"/> Towel</li> <li><input type="checkbox"/> Soap</li> <li><input type="checkbox"/> Deodorant</li> </ul>
<p><b>CLOTHING</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Underwear for 3 days</li> <li><input type="checkbox"/> 3 pairs of athletic socks</li> <li><input type="checkbox"/> 1 short sleeve t-shirt</li> <li><input type="checkbox"/> 1 long sleeve shirt</li> <li><input type="checkbox"/> 1 hat or cap for the sun</li> <li><input type="checkbox"/> 1 wool hat</li> <li><input type="checkbox"/> 1 bathing suit</li> <li><input type="checkbox"/> 1 pair of shorts</li> </ul>
<p><b>FOR SLEEPING</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping bag (-5°C )</li> <li><input type="checkbox"/> Sleeping mat/pad (Not Inflatable Mattress)</li> <li><input type="checkbox"/> Pajamas</li> <li><input type="checkbox"/> Small flashlight</li> </ul>
<p><b>FOR OUR PROTECTION</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sunblock</li> <li><input type="checkbox"/> Lip balm</li> <li><input type="checkbox"/> Insect repellent</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Water bottle (1,5 litre minimum)</li> <li><input type="checkbox"/> Water shoes or a 2nd pair of sneakers for the water (Not flip-flops)</li> <li><input type="checkbox"/> 1 Windbreaker jacket</li> <li><input type="checkbox"/> Cycling gloves (for rowing)</li> </ul>
<p><b>CAMP UTENSILS NOT DISPOSABLE</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plate/bowl (metal or plastic)</li> <li><input type="checkbox"/> Camping cup (metal or plastic)</li> <li><input type="checkbox"/> Spoon, fork, knife</li> <li><input type="checkbox"/> Dish drying towel</li> </ul>
<p><b>OTHER</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prescription medicine</li> <li><input type="checkbox"/> Original ID(Carnet or Passport) <b>No photocopies</b></li> <li><input type="checkbox"/> Plastic garbage bags (5), 70 x 90 cm. (wet clothes)</li> </ul>
<p><b>OPTIONAL</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Camera</li> <li><input type="checkbox"/> Binoculars</li> </ul>
<p><b>PROHIBITED</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Unauthorized medication</li> <li><input type="checkbox"/> Pocket knives</li> </ul>