

# OVERNIGHT CANOE TRIP

## GEAR LIST

### CLOTHING

- Rain Jacket + rain pants (Gortex or waterproof)
  - Warm jacket + pants (fleece or wool - NO COTTON)
  - Bad weather clothing: extra rain jacket + set of clothes (even if it looks nice)
  - Warm sweater + pants ( fleece or wool - NO COTTON)
  - Long sleeve shirt
  - Pants
  - Wool socks (more pairs than you think you'll need)
  - Two pairs of shoes:
    - On Water/In Canoe: sandals, runners, water shoes or cros
    - Land: runners or flip-flops
  - Summer clothes:
    - Socks, underwear
    - T-shirts, shorts
- Bathing Suit and towel

### PERSONAL SUPPLIES

- 1 L water bottle
- Flashlight or headlamp + extra batteries in ziplock

- Eating kit ( bowl, knife, fork, spoon, and cup. Please do not bring disposable items. )
- Personal First Aid Kit (including an assortment of bandages and a few antiseptic wipes) Any medication (please let your teacher + lead guide know of any health concerns that you may have, and corresponding medication that you will need to take)
- Bags: **\*\*No rolling suitcases**
  - 10-20L dry bag or small backpack lined with a garbage bag for day stuff
  - 50-115L dry bag or backpack/duffel lined with a garbage bag with all clothing and gear
- Hat (wide brim is best)
- Sunblock
- Sunglasses
- Toothbrush + toothpaste
- Towel
- Sleeping bag (rated -5 or lower, can get cold at night)
- Sleeping pad (therma-rest or blue foamy)
- Tent and tarp

## NOTES

- Eating kit, bags, sleeping bags, sleeping pads, tarps and tents can be rented
  - Keep electronic devices in ziploc or waterproof container
  - Keep all gear in waterproof bags

# COLD WEATHER GEAR

**\*THIS IS AN ADDITION TO THE ABOVE GEAR LIST**

## **CLOTHING**

- Base layers
  - Long johns, wool base layers
  - To be worn next to skin, under fleece and rain gear
- Waterproof footwear: Gumboots or hiking boots reaching ankle
- Thick wool socks
- Mittens + gloves that are good in rain
- Thick warm toque

## **PERSONAL SUPPLIES**

- Personal thermos for hot liquids