

Canoe Camp Packing List 2022

Everything needs to be watertight. While dry bags are best, plastic zip-locks in a duffel bag without wheels should work well. It can be helpful to pack similar clothing items into smaller zip locks both for organization and for an extra layer of protection from the elements.

Be conservative with what you bring! We will be carrying everything in canoes, loading, and unloading almost daily. Keeping clothes and gear organized helps especially when packing up in the mornings.

GEAR

- A **dry bag** or **waterproof duffel** - a good brand that makes dry bags is Sea To Summit, but there are many others as well.
- A **sleeping bag** that rolls up tightly (as this is one of the most essential pieces of gear, we recommend keeping it in its own dry bag, large ziplock, or plastic bag)
- Sleeping mat** and **small pillow**
- Day bag** for water bottle, sunscreen, sun shirt, and snacks - this is very useful to have in the canoes and have quick access to our daily essentials as the rest of our gear is packed away in our dry bags and can be difficult to access while paddling
- Small towel** (quick dry is preferable)
- Mess kit**: plate, bowl, cup for hot drinks, spoon, knife, and fork - all in a mesh bag (labeling makes it easy to locate amongst the many other mess kits)
- Water bottle** of a good size that closes tightly (labeling it with the participant's name is very useful)
- A bag of **dried fruit** and a bag of **trail mix** or nuts to share with the group (check with others about this)
- Flashlight** and or **headlamp**

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CLOTHING

Well-chosen clothes help keep gear at a minimum. While days can oftentimes heat up especially while out on the river, the nights are often cool and can sometimes be on the chill side.

- Long sleeves** keep the sun and bugs off – long pants or over-knee shorts to keep your knees from burning

- A **sun hat** and/or **bandana**
- Sweater** or **jacket** for cool evenings near the water
- Rain gear** - this is essential as being wet outdoors is no fun (unless this is due to swimming)
- Water shoes** that stay on your feet (no flip-flops please) Although most often the river bed is sandy, there can be moments with jagged rocks and sticks
- Socks, underwear t-shirts**, etc
- Swimsuit** or two

TOILETRIES AND FIRST AID

- Toothbrush** and **paste** (travel size is great)
- Sunscreen** and **bug spray**
- Toiletries for good hygiene:** comb, brush, deodorant, lip balm, moisturizing lotion, etc. travel-sized
- Small First Aid Kit** with cream for bug bites and aftersun lotion
- Menstrual products**, if needed
- A small chunk or bottle of **biodegradable soap** such as a travel-sized bottle of Dr. Bronners

- All Medication will be kept in a secure and waterproof medical case by one of the directors. Epi-pens and inhalers that remain with the camper should have a note with dosage and usage in a bag in case of emergency.

OPTIONAL

- Frisbee, card games**, or other light fun things
- Pocket knife** or **multitool**
- Hammock**
- Musical **Instruments** (if you dare!)
- Book, notepad, journal**, etc
- Swim Goggles**

THINGS TO LEAVE AT HOME

- ❖ **Phones, Smartwatches**, etc stay home, no electricity to charge. Let's unplug together - As tempting as it may be to bring a phone on the river, it creates problems as we are outdoors and surrounded by water, both of which do not mix well with our phones.
- ❖ Any **Jewelry** that you would not risk losing
- ❖ **Perfumes** and body sprays
- ❖ **No glass** bottles or containers