

Go Beyond Canoeing Packing List

Clothing:

Rain Gear (tops and bottoms)
Fleece or wool sweater
Light, warm Jacket
Hiking Pants (quick dry, no jeans)
Shorts
T-shirts/ Wicking shirts
Long Sleeve/ Hoody
Hat/Toque
Thermal tops and bottoms
Clothes to sleep in
Swimming Suit
Socks (wool is best for drying fast)
Underwear/Etc...
One "bus" outfit for travel days
**Clothing tip: Cotton is freezing if wet and dries slowly - don't bring much of it*

Footwear:

Sturdy hiking shoes or boots
Running shoes
Sturdy Sandals w/ heel strap (no flip flops)

Toiletries:

Toothbrush/toothpaste
Small container of shampoo
Deodorant
Lip Balm
Personal hygiene products
Small Towel (quick dry is best)

Gear:

Sleeping Mat
Warm Sleeping Bag
Water Bottles (capacity for 2-3 liters)
Headlamp (Flashlight will work too)
Backpack for personal/group gear (60-80 liters is a good size)

Misc:

Small Bible
Book to read
Sunglasses
Sunscreen
Insect Repellent
Whistle
Camera
Journal
Pen/Pencil
Any medications

Do NOT Bring:

Drugs, Alcohol, Etc.
Ipods, Phones, Electronics, Etc
Knives or pocket knives
Matches or lighters
Junk food, Money