

What to Bring on a Canoe Trip.

1 outfit that can get wet:

Bathing suit (Note to girls: two-pieces bathing suits work best.)

1 non-cotton top

1 lightweight long sleeve cotton blend or silk shirt collared

1 non-cotton pair of pants or shorts

1 non-cotton pair of socks (wool socks are great)

Rain jacket preferably with a hood

Sun hat (with a brim all the way around)

Close toed shoes (NOT water-shoes) for swimming through rapids. Old running shoes work well.

* “non-cotton” – the goal is to have a fabric that dries quickly and wicks moisture away from the body. Examples include 100% polyester, polypropylene, polyester blends, silk or nylon blends (not 100% nylon).

1 outfit that will stay dry:

Long pants

Shirt

Sweater (non-cotton preferable, fleece works great)

Underwear

Warm socks (wool is great)

Close toed shoes/sandals (not flip-flops, must have back strap in place)

Other gear:

Sunscreen

Water bottle (reusable 1 litre minimum)

Toothbrush and toothpaste (travel size)

Sleeping bag (compact)

Flashlight (compact – “AA” or “AAA” or headlamp)

Luxuries

These are items you may pack if you still have room after your necessities.

Towel (half size)

Self-inflating sleeping pad

Extra socks

A secondary clean outfit / warm pajamas

Hairbrush

Notebook and pen

Bug repellent

Deck of cards or old fashioned compact game

What NOT to bring

Flip flops

radios/walkie-talkies

iPods, MP3 players, cell phones, electronic games etc.

Snacks (unless medically necessary)

Personal 1st Aid Kit – your trip leaders are trained to deal with 1st Aid and carry a comprehensive wilderness 1st Aid Kit.

Notes

Cotton:

Wet cotton sucks the heat out of your body, and stays wet longer than most other fabrics. When you are on a canoe trip, you will get wet very fast without warning, so pack non-cotton clothes, to dry fast and stay warm!

Menstruation and tripping:

Bring pads and tampons even if you are not expecting your period, as it could come unexpectedly on your trip. As low-impact campers, we pack out all our garbage, and this includes tampons and pads. Your female trip leaders will explain how this works, and show you how to deal with it to avoid smells or messes. They will support you with good advice.