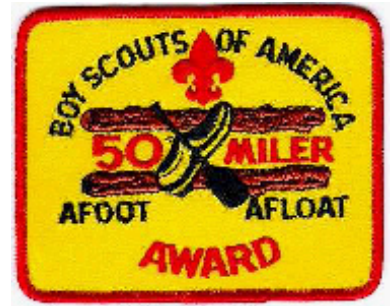


CANOEING HIGH ADVENTURE CAMPING CHECKLIST



MAJOR EQUIPMENT *****

- PFD (Life jacket - quality design and it must fit properly) - **REQUIRED**
- Pack/Dry Bag (large dry bag OR internal frame pack w/items in small dry bags. Pack the items in the dry bags in Zip Locks)
- Sleeping bag (down or Polarguard. Plan on mid to upper 30 degree nights.)
- Foam pad or ThermoRest
- Accessory straps or camping cord (used to attach gear into boats.)

CLOTHING ***** PolyPro and other synthetics are the best for wet conditions!

- | | |
|--|---|
| <input type="checkbox"/> Rain/wind jacket (expect rain) | <input type="checkbox"/> Underwear (4 changes) |
| <input type="checkbox"/> Lightweight jacket for cool nights (lightweight fleece or pile is the best) | <input type="checkbox"/> Shorts (1 pair - for wearing in camp) |
| <input type="checkbox"/> Rain pants (great for canoeing in cold and wet weather) | <input type="checkbox"/> Long pants - quick dry zip-off the best for camp |
| <input type="checkbox"/> Hat (wide brim for sun protection) - REQUIRED | <input type="checkbox"/> Camp shoes (sturdy for camp and hiking) |
| <input type="checkbox"/> Long sleeve shirt (should be fleece or other quick dry) | <input type="checkbox"/> Long underwear (tops/bottoms - polypro is best) |
| <input type="checkbox"/> Socks (several pair for hiking and to wear with shoes in camp) | <input type="checkbox"/> Swimming trunks for canoeing/swimming |
| <input type="checkbox"/> Boating shoes (old athletic shoes or Teva's style that can get wet - NOT CROCS) - REQUIRED | |

EATING GEAR *****

- | | |
|---|--|
| <input type="checkbox"/> Bowl (don't bring the entire kit) | <input type="checkbox"/> Cup |
| <input type="checkbox"/> Spoon/Fork/Knife | <input type="checkbox"/> Drink Mix for lunches |
| <input type="checkbox"/> Water bottle or canteen (FILL IT AND DRINK IT TO AVOID DEHYDRATION! - Modify it so that it can be tied to the boat with a rope.) | |

TOILET ARTICLES *****

- | | |
|--|---|
| <input type="checkbox"/> Personal toilet paper (5-day roll in Zip lock bag.) | <input type="checkbox"/> Chapstick or lip balm w/spf protection |
| <input type="checkbox"/> Toothbrush and toothpaste (small travel size tube) | <input type="checkbox"/> Deodorant |

MISC. ITEMS *****

- | | |
|--|--|
| <input type="checkbox"/> INSECT REPELLENT | <input type="checkbox"/> INSECT HEAD NET |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Money (for stops on the way - keep handy) |
| <input type="checkbox"/> Nylon camping cord (50 feet - NOT OPTIONAL) | <input type="checkbox"/> Healthy Munchies |
| <input type="checkbox"/> Pocket knife or Leatherman tool | <input type="checkbox"/> Camera and film (waterproof disposable is best) |
| <input type="checkbox"/> Large sponge for wiping water from the boat | <input type="checkbox"/> Sunglasses and Safety Strap (REQUIRED) |
| <input type="checkbox"/> Matches (in a waterproof case - prescription bottles work great.) | <input type="checkbox"/> Daypack (to keep needed items handy while canoeing) |
| <input type="checkbox"/> Large garbage bags (to cover gear and waterproof packing - see below) | <input type="checkbox"/> Sunscreen (bring it and use it) |
| <input type="checkbox"/> Personal First Aid Supplies (moleskin, Bandaid's, Tylenol, etc.) | <input type="checkbox"/> Spare batteries (new alkaline) |
| <input type="checkbox"/> Head lamp or small flashlight (AA size - with NEW alkaline batteries) | <input type="checkbox"/> Prescription or nonprescription medications (give the trip leader a duplicate of important medications) |
| <input type="checkbox"/> Prescription or nonprescription medications (give the trip leader a duplicate of important medications) | |
| <input type="checkbox"/> Fishing gear and money for license | |

SPECIAL INFORMATION FOR CANOE TRIP PACKING

Pack sleeping bag and clothes in dry bags to keep them dry in the event of a capsize or heavy rain. The very best is to pack in plastic bags inside dry bags. They may be available to borrow from other troop members or can be purchased at McGuckin's.

BE SURE TO BRING YOUR OWN PFD. IT IS IMPORTANT THAT IT FITS PROPERLY. If in doubt...ASK!

GEAR FOR TRAVEL

We will be traveling for two days each direction. Remember, your gear may be in another vehicle. Put your name on all electronic games, mp3 players, etc. to avoid confusion.

- Duffle to keep travel gear. Keep with you in car.
- Change of clothes for traveling (two days each way)
- Shoes for travel (we have two days of travel each way)
- Spending money (meals are included but you need money for pop stops along the way)

You may want to bring your own paddle. We will provide them, but yours may be of better quality.