

## Packing List - What to Pack for your Project Canoe Trip

We move from campsite to campsite each day and carry our own gear, so the less stuff you bring, the better. Make sure to bring clothes and shoes that you don't mind getting wet and dirty, because they probably will! Outdoor camping means that there are no shower facilities (except to jump in the lake!) so there is no need to bring shampoo or soap.

If you are missing anything on this list, please let us know and we will do our best to provide you with what you need.

### What to wear on the bus

This outfit will be worn each day while paddling and portaging.

Item	Note
T-shirt or long sleeve shirt	Athletic or quick dry material is best. Long sleeves help to protect against sun and bugs.
Pants or Shorts	Athletic or quick dry material is best. Long pants help to protect against sun and bugs. No jeans please.
Sun hat	Baseball caps and bucket hats are great
Socks	Wool socks are good because they dry quickly. Longer socks are good for protection against bugs and leeches.
Running shoes/hiking boots	These shoes will be wet throughout the trip because they will be worn when getting in and out of the boat and when portaging (hiking). They should cover the foot and have good traction.
Underwear and/or sports bra	

### What to Pack in your Bag

Item	Note
Long sleeve shirt or T-shirt	Bring 1-2 to be worn around the campsite in the evenings.
Long pants	1 pair. Not jeans please (they take a long time to dry if they get wet.)
Extra socks	2-4 pairs
Extra underwear	1 per day
Warm sweater/fleece or puffy	Fleece or wool is best because it dries quickly
Swim suit	Whatever you are most comfortable swimming in is perfect
Pyjamas/sleepwear	These will hopefully only be worn in the tent so they can stay cozy and free of campfire smoke for sleeping.

Shoes	These shoes will stay dry and be worn around the campsite. Running shoes or sneakers are best. Crocs or other shoes that cover the foot also work.
Raincoat and Rain Pants	We can lend you a high quality rain coat for the trip
Toiletries Kit (toothbrush/paste, chapstick, tampons/pads, etc.)	Please do not bring strongly scented items as this will attract bugs and other wildlife. Any "smelly" items like toothpaste, lotion, sunscreen etc) will be packed separately so they can be safely stored away from animals at night
Medications (prescription or over the counter)	Trip leaders will keep safe for youth and will make sure to dispense on time. If the youth is taking medication <b>you must arrange to bring an extra 3-day supply.</b> (more than needed). For medications that are of a more serious nature and for longer trips an extra 7-14 day supply of the medication is required. <b>Medication must be stored in the <i>original labeled medication container(s)</i>.</b>

### Optional Items

Item
Watch
Flashlight
Book or journal
Sunglasses
Sunscreen and bug spray (We will bring enough to share)
Lightweight jacket (if the weather looks cold)
Plastic bag to store wet bathing suit/clothes

### Please leave these things in the city:

- Electronics (i.e. cell phones, iPod, cameras, etc.)
- Food (candy, chips, gum)
- Makeup, lip gloss, body sprays, jewelry, etc.
- Anything you wouldn't want to lose or break
- Pocket knives/axes/hatchets/matches/lighters
- Cigarettes/narcotics/alcohol/e-cigarettes