

OVERNIGHT CANOE TRIP

Based on the time of year and environmental conditions expected, this list may change.

Personal Equipment List:

Participants are responsible for purchases to and from location.

- Sleeping Bag * (prefer 20 degree, synthetic bag. No cotton lined bags. Down bags with waterproof stuff sack okay). Must be compactable.
- Sleeping Pad * (compactable-closed cell preferred. Must bring repair materials for inflatable pads. No battery or hand pump air mattresses)
- Md Dry Bag*
- At least 1-1 liter water bottle (wide-mouth Nalgene style bottles with screw-on cap). 2 bottles recommended.
- Plastic bowl
- Spoon
- Plastic mug for hot drinks
- Pocket knife (blade should be no larger than 4 inches)
- Bandana
- Flashlight or headlamp* (+ extra batteries)

Footwear

- Water Shoe (will get wet)-Athletic shoes, water shoes or sandals with toe and heel strap i.e. Chacos or Tevas.
NO FLIP FLOPS!
- Camp shoes (athletic shoes)
- 1-2 pair of socks- 1 for wear (wet) and 1 for warmth (dry).

Bottom

- 1-2 pairs of underwear/boxers
- 1-2 pair of shorts and/or swim suit
- Optional: 1 pair of lightweight pants for sun/wind/bug protection (nylon preferred, cotton acceptable. Denim jeans are okay)
- Optional: 1 pair of base layer bottoms (nylon wicking layer such as Under Armour, Polypro, Capaline, silk, etc).
- Optional: Rain pants

Top

- 1-2 S/S T-Shirts
- 1 Long Sleeve Shirt (Need for sun and bug protection). **REQUIRED!** Recommended button up shirt with collar.
- Rain jacket with hood
- Optional: 1 Lightweight Insulation Layer (Fleece top, wool sweater)
- Optional: 1 pair of base layer L/S Tops (nylon wicking layer such as Under Armour, Polypro, Capaline, silk, etc)
- 1 Hat for sun protection
- Optional: Hat for warmth
- Optional: Gloves (proved useful for sunburned hands)

Other

- Toiletries: toothbrush, toothpaste, comb/brush, feminine hygiene, etc
- Extra medications, glasses, contacts in separate water-tight package
- Driver's License or other form of ID
- Optional: Extra set of clean clothes for travel + small bag for personal belongings.
- Sunglasses (with leash)
- Sunscreen/insect repellant (>35 spf)
- Optional: Notebook
- Optional: Extra cash for personal spending
- Optional: Camera
- Optional: Crazy Creek or other type of portable chair
- Optional: Hacky sack, Frisbee, cards
- Optional: DVD movie, MP3 player (for van ride)

* Available from the OAC and while supplies last.