



### 3 Night River Canoeing Packing List

Each camper needs to fit all of their personal belongings into 1 bag (duffle bags are preferable to backpacks) and be able to carry that bag a short distance to the camping site.

Please come to camp wearing regular camp attire. Bring an extra set of clothes in a separate bag to leave at camp to wear when you return at the end of your trip.

*Also remember to bring your first day's lunch.*

#### Clothing to pack:

- 1 pair of **closed-toe** shoes for wearing while canoeing. *These shoes will get wet, and must not come off easily. An old pair of sneakers works best for this purpose. Snug-fitting water shoes are an acceptable alternative. Sandals of any kind are unacceptable.*
- 1 separate pair of closed-toe shoes to keep dry and wear around the campsite
- 2 pairs of shorts
- 1 pair of long pants
- 1 light-weight, long-sleeved shirt
- 3 T-shirts
- 1 wool sweater or fleece pullover (*preferably not a sweatshirt*)
- 3 pairs of long socks (*wool or synthetic*)
- 3 pairs of underpants
- Rain gear (*poncho or coat*)
- Handkerchief or bandanna (*serves many purposes!*)
- 1 pair of long underwear (*top and bottom*) *Nights get chilly, especially after a day on the water. Yes, these items can become necessary, even in the summer!*
- Clothes for sleeping
- 1 hat (*preferably a hat with a full brim all the way around; baseball hats are OK but do not protect from the sun nearly as well*)
- 1 swimsuit
- 1 towel

***An Important Note about Clothing Materials:*** Because safety is our number one priority at camp and on trips, it is important that campers wear and pack **all synthetic materials** and bring **no cotton** (with the exception of the handkerchief/bandana.) If/when cotton gets wet (either from rain, accidental splashing while canoeing, or sweat) it stays wet for a long time and steals warmth from the body (which can be dangerous on a cool evening). All shirts, pants, socks, long underwear, etc. should be made of a synthetic material (i.e., nylon, polyester, etc.). Such materials are quick-drying and retain body heat.

#### Eating utensils to pack:

- 3 (THREE) One-liter bottles of water** (*no glass! Water is for drinking and cooking*)
- 1 Bowl – Plastic or lightweight metal (*bowls are universal, plates are unnecessary*)
- 1 Spoon and 1 Fork (*No knives!*)
- 1 travel mug with a handle (*lid not necessary – not ceramic*)

### Personal items to pack:

- Sleeping bag (*able to fit into a pillow case when rolled up or compressed*)
- Sleeping pad (*foam insulate or similar type pad, can be found at dept. stores*)
- Toothbrush & Toothpaste
- Comb or hair brush
- Washcloth
- Flashlight with fresh batteries
- 1 Whistle
- 2 Large, heavy duty garbage bags (*for covering gear overnight*)

### Optional extras:

- 1 pair of light weight gloves for blister protection (*bicycle or batting gloves work well*)
- Sunglasses (*be forewarned, people have been known to lose sunglasses in the water, a strap for your sunglasses helps*)
- 1 pair of knee pads (*kneeling in canoes is essential for safety when on the river. Knee pads make the experience more comfortable and therefore more enjoyable!*)
- Small pillow
- Small, paperback book
- Small notepad and pencil or pen w/ a cap
- Standard deck of playing cards
- Waterproof camera

### *Please do not bring:*

- Electronics of any kind – this includes cell phones, ipods, or any other digital media device (*watches are OK*)
- ANY FOOD FROM HOME. Food in bags = critters in tents & bags
- Smellables i.e. cosmetics, lotions, shampoos, potions, etc.

### *Items supplied by camp:*

- Canoes, Paddles, PFDs
- Tents
- First aid supplies
- Food and drink (*snacks, dinner, breakfast, next day's lunch*)
- Cooking Supplies: pots, pans, etc.
- Soap and water for washing
- Toilet paper

**Please label everything!** Put your name on anything that you can write on. This will greatly cut down on the confusion of campers' equipment and unnecessary loss of personal items.

To prevent against ticks and insect bites, camper's clothing may be sprayed with insect repellent. Parents, please notify us if you wish us not to spray your child.

**An important note about how to pack for an overnight:** When packing, first put various items into ***gallon-sized zip-loc bags***, sealed and labeled with camper's name. Then, line the inside of the backpack with a ***large, heavy-duty garbage bag***. Lastly, put the sealed items into the garbage bag lining the inside of the backpack. This will assure that these items remain dry, even in the event of rain while backpacking. ***Please save these zip-loc bags so that you can re-use them on each trip this summer.***