

SUGGESTED PERSONAL GEAR FOR CANOEING TREKS

See pages 22-24 and Appendix A 11- A 13 for additional information.

PERSONAL GEAR (based on synthetic, quick drying clothing. NO COTTON!)

"Dry" clothes (also known as "camp" clothes for trail)

- Camp shoes (lightweight sneakers or moccasins) not sandals or water-slippers!
- T-shirt (synthetic) one
- Pants (synthetic) or use rain pants
- Socks (wool or synthetic), one to two pairs
- Lightweight fleece jacket or vest
- Underwear (synthetic) one pair
- Stocking hat
- Long underwear, synthetic (usually not needed from July through mid-August)

"Wet" clothes (also known as "travel" clothes for trail)

- Boots (U.S. made jungle boots best. Old hiking boots or work boots also good if instep drainage is added)
- T-shirt (synthetic) one
- Long-sleeve shirt (synthetic) for sun and bug protection. Sleeves can be rolled up for warm days.
- Socks (wool or neoprene) one pair
- Underwear (synthetic)
- Pants, zip-off legs nice to have (synthetic). If not, also pack a pair of synthetic shorts
- Broad-brimmed hat
- Raincoat (good quality - no ponchos!)
- Rain pants (can double as second pair of pants)

Other Gear

- Sleeping bag (lightweight & compact 30 degree bag adequate - compression stuff sack should be used)
- Stuff sacks for clothing and gear. Use compression sacks, zip-lock bags, or pack clothes with sleeping bag
- Sleeping pad (closed cell or self-inflating foam. 3/4 length adequate)
- Bandanna or small camp towel
- Belt or suspenders

- Toothbrush
 - Bowl, plastic - unbreakable, around 12 oz.
 - Spoon, plastic or metal
 - Cup, plastic or metal
 - Water bottle (high quality, not old beverage bottles)
 - Sunglasses, keeper strap
 - Lip balm with sun block
 - Personal medications as needed (two supplies carried in two different packs)
 - Feminine hygiene items as needed
 - *Pocketknife, small
 - *Flashlight or headlamp (small, pocket-sized)
 - *Matches in waterproof case
 - *Whistle
 - *Small compass
- *Should always be carried on person for emergencies

Optional:

- Fishing tackle (small pocket-sized tackle box)
- Camera
- Head net for mosquitoes
- Comb or small travel brush

ITEMS FOR THE END OF YOUR TRIP

- Clean, dry clothes
- Dry shoes
- Toiletries (shampoo, conditioner, shaving supplies, deodorant, washcloth, soap, toothpaste, toothbrush, etc.)
- Towel
- Bathing suit for sauna
- Flip-flops for shower

PROVIDED BY CREW (check with crew leader to verify)

- Crew first aid kit
- Leather gloves (one pair per crew) for camp chores, handling hot pots, etc.
- Cord (50' length, 1/8" diameter) for clotheslines, tarps and tents, shoe laces, repairs, canoe lines, etc. (over)