



CLOTHING & EQUIPMENT LIST FOR ADULT CANOE TRIPS

The following is a list of suggested clothing. To have the most enjoyable experience, *please do not bring cotton for trail*, as it does not keep you warm while wet.

Email melyndaroscoe@yahoo.com with any questions. **Happy Packing!**

ESSENTIAL TRAIL GEAR FOR THE CANOE TRIP

- Sleeping Bag:** A good sleeping bag is fairly expensive, but in the wilderness it is essential and worth every penny. We recommend a "3-season" (spring, summer, fall) synthetic bag, rated between 30-20° degrees. Expect to pay between \$100 and \$200 for a good sleeping bag.
- Sleeping Pad:** Self inflating sleeping pad. Theramrest is a great brand.
- Sleeping Pad Bag:** Most pads will come with a bag that fits the particular demands.
- Rain Jacket (rain pant optional, but highly suggested):** Find a jacket that you could paddle a canoe in and move without getting soaked. Ponchos and long rain jackets are ill advised.
- Fleece Jacket:** This should be a Polartec 200 weight fleece.
- Fleece Shirt (Fall Trip):** This should be a light fleece to wear on cool days.
- Dry Bag:** size 30 Sealline bag or 30-35 liters.
- 2 pair Synthetic Socks:** Smartwool or wool.
- Boots:** Look for hiking boots with good ankle support. Break in new boots **before** arriving at camp so you will be comfortable while on your canoe trip.
- Sandals or Old Sneakers:** Sandals with straps, that can be used for swimming in lakes or in rapids.
- Quick-dry Pants:** One pair of pants that convert into shorts. Or, you can bring a pair of nylon pants and a pair of soccer shorts.
- Work Pants:** Like Carhartt pants.
- Long Underwear Top and Bottom**
- 1 long Sleeve Synthetic Shirt or Thin Flannel Shirt** (Quick drying fabric).
- 2 Synthetic Tee-Shirts**

- ☐ **1-2 Sports Bras:** Made of polyester, spandex, or synthetic fabric.
- ☐ **Bathing Suit:** one or two-piece.
- ☐ **3 pairs of Synthetic Underwear**
- ☐ **1 Hat or Visor**
- ☐ **1 Wool Hat:** This may seem silly, as it is summer, but it can be chilly at night.
- ☐ **Gloves:** Thin winter gloves are nice on cool mornings and evenings.
- ☐ **Sunglasses with Croakie/sunglass strap**
- ☐ **Small “Sammy” Towel:** This is a small quick drying towel, found in outdoor or swim stores.
- ☐ **Nalgene or other water bottle (32 oz.)**
- ☐ **Headlamp:** This is a hand’s free flashlight that has a strap around your forehead.
- ☐ **Toiletries:** Please bring a toothbrush with case, chapstick with SPF, and feminine hygiene products that you will keep with you daily for personal use.

OPTIONAL GEAR: Ziploc for personal items, small brush, playing cards, journal, small pillow, book, camera, songbooks, etc.

Clothing List for the Days Before and After Canoe Trip

Please bring additional clothes to wear around the days before and after your trip when we’ll be doing things like cruising school, crafts, and going to local restaurants. International Falls is a laid back fishing community and dress is casual.

Suggested Items:

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| ☐ T-shirts | ☐ Jeans | ☐ Thin jacket for night |
| ☐ Shorts | ☐ Sweatshirt | ☐ Shoes: sandals for restaurant |
| ☐ Bathing suit | ☐ Pajamas | ☐ Beach Towel |
| ☐ Sweatpants | ☐ Toiletries: Shampoo, soap, facewash, cream, toothpaste, toothbrush, hairbrush, hair elastics, feminine hygiene products, etc. | |

NOTE: For safekeeping, cell phones, money, jewelry, etc. will be locked in camp’s office before you depart for your canoe trip and will be returned once the canoe trip returns.