

# **4-day Canoe Trip Equipment List:**

Due to the time of year, temperatures can often drop to freezing overnight. Although canoeists generally pride themselves on taking as little "on trip" as possible, it is recommended that the following items be taken:

## **Personal Equipment/Clothes: (clothes will get dirty; don't take your best clothes)**

1	Warm Sleeping Bag	1	Sleeping Pad
1	Flashlight (small with fresh batteries)	3	Socks (wool or fleece)
1	Sunscreen (Level 30 at least)	1	Hat (Baseball style, etc.)
1	Warm Hat	1	Warm Jacket (fleece)
1	Rain coat and pants	2	Warm Sweater (not cotton)
1	Whistle (Fox 40)	2	Pair of Shorts/swim suit
1	Lightweight Hiking Boots	1	Running Shoes/Texas
1	Chap stick	1	Small Towel
1	Long underwear (tops and bottoms)	2-3	Undergarments
1	Gloves	2	Pants (no blue jeans)
2	T-Shirts	1	Water bottle (1 Litre)
1	Fanny pack	1	Sunglasses
3	Large Garbage bags	1	Bug Shirt

## **Toiletry Items: (Non-Scented)**

1	Toothbrush and paste	1	Soap (non-scented)
1	Shampoo (small container)	1	Comb/Brush
	Feminine Hygiene Products (as required)	1	Cream for dry skin

## **Optional Items:**

1	Pocket Folding Knife (optional)	1	Camera (optional)
	Paperback book to read (optional)	1	Fishing Rod

## **Do Not Bring the Following Items on the canoe trip itself:**

Personal candy, gum, snacks	iPods/iPads/Electronic Games
Tobacco products	Illegal substances
Alcohol	Valuable jewelry
Scented deodorant (e.g. Axe, etc.)	Perfume/Cologne

**Mobile phones may be used on the bus ride but not on the trip as they can be damaged and there is no service in the backcountry in the Park**