

## PACKING LIST

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*\*Each participant will be given a 60L water proof barrel for tent and personal belongings*

### CLOTHES

- |   |  |
|---|--|
| <input type="checkbox"/> socks                              | <input type="checkbox"/> sunscreen                             |
| <input type="checkbox"/> T-shirts                           | <input type="checkbox"/> sun hat                               |
| <input type="checkbox"/> underwear                          | <input type="checkbox"/> long sleeve dress shirt (a sun shirt) |
| <input type="checkbox"/> shorts/swim suit                   | <input type="checkbox"/> lip balm                              |
| <input type="checkbox"/> pants (not jeans!)                 | <input type="checkbox"/> toothbrush                            |
| <input type="checkbox"/> towel                              | <input type="checkbox"/> bug dope                              |
| <input type="checkbox"/> Windshell/Gore-tex jacket/raincoat | <input type="checkbox"/> bug hat                               |
| <input type="checkbox"/> sweater (fleece or wool are good)  | <input type="checkbox"/> sandals* see note below               |
| <input type="checkbox"/> long sleeve t shirt/turtle neck    | <input type="checkbox"/> closed toed shoes                     |
| <input type="checkbox"/> long johns - go for polypropolene  | <input type="checkbox"/> small flashlight or headlamp          |
| <input type="checkbox"/> gloves                             | <input type="checkbox"/> sleeping bag                          |
| <input type="checkbox"/> toque                              | <input type="checkbox"/> therm-a-rest or sleeping pad          |
| <input type="checkbox"/> Water bottle                       | <input type="checkbox"/> water proof camera                    |

\* CLOSED TOES SHOES MUST BE WORN IN MOVING WATER, PORTAGING, SCOUTING, AROUND THE FIRE/STOVE. I WOULD HIGHLY RECOMMEND LEAVING YOUR SANDALS AT HOME AND JUST BRING 2 PAIR OF SHOES, A WET PAIR AND A DRY PAIR.

- A bag of clean clothes for the ride home.
- Money for snack for the ride home.... an order of poutine somewhere!

### GEAR

- A helmet will be provided for you, but if you would like to bring your own that's fine
- If you would like to bring your own PFD that is also fine... one will be provided for you.
- Paddle... there is a similar theme here too!
- Compass... again there will be extra
- Wetsuit - If you have a wetsuit, bring it!