



Canoe Trip- June 8th-10th, 2012
PACKING LIST

Mandatory Items

- 2 HEAVY DUTY TRASH BAGS TO CARRY EVERYTHING**
- Bathing Suit
- at least 2 pairs of wool socks + regular socks
- 2 sets of synthetic long underwear (polypropylene, capilene, or similar) top & bottom
- 1 pair of fleece pants – insulating layer for your lower body
- 1 insulating layer for your upper body: fleece or wool (jacket, sweater, pullover)
- 2nd insulating layer for upper body – (synthetic, north face etc.)
- 1 set of waterproof raingear (jacket and pants)
- 1 (or 2) wool or fleece hat
- 3 Compression or wicking shirts (Nike, UA, etc)
- 2 pairs of shorts
- 1 pair of gloves
- 3 one-liter water bottles
- 1 pair of sneakers or crocs
- Mess Kit
- Sunglasses
- sunblock
- underwear or boxers (synthetic is preferred)
- women: bra (quick-drying synthetic sports bra is best)
- 1 headlamp (preferred) or small flashlight – with extra batteries
- toiletries (toothbrush, toothpaste, brush/comb)
- any personal items such as medication

Optional Items

- 1 small pocket/ Swiss Army knife
- Chap stick, lip balm
- Book
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