

KIT LIST FOR CANOEING CAMPS – SPRING/SUMMER

Please bring everything on this list, unless it says optional. You can bring additional things if you think you'll need them. Everyone is responsible for packing, carrying and keeping track of their gear.

- Pack how you prefer, but waterproofing everything is recommended in case we arrive/leave in rain.
- Phones and personal electronics are for down-time only or to take photos.
- There are no charging stations at camp – bring a power brick/battery pack to charge anything.
- Check the forecast before packing and coming – bring the right stuff to be warm/cool and dry.
- Put your name on everything you can, to help stay united with your stuff in a busy group setting.

Sleeping gear	
	Sleeping bag (rated at least 10 degrees warmer than the forecasted overnight temperature)
	Sleeping mat/air mattress (NOT a thick one that requires a motorized pump!)
	Pillow
	Optional: ear plugs and/or sleep mask
	Optional: extra blanket
Clothing	
	1 pair of pajamas
	3 pairs of socks (mix of thicknesses)
	3 pairs of underwear
	2 bras (sports style recommended)
	3 t-shirts (no tank tops; athletic fabric recommended, not cotton)
	1 warm sweater/sweatshirt
	2 long-sleeved shirts (athletic fabric recommended, not cotton)
	2 pairs of pants (no jeans)
	2 pairs of capris or long shorts
	1 pair of shoes to canoe in, that can get wet (no open toes – see canoeing section)
	1 pair of footwear for around camp (no open-toed sandals or flipflops; waterproof if it'll be rainy)
	1 or 2 hats (wide brim, bucket or baseball style)
	1 raincoat
	1 pair of waterproof rain pants
	Optional: light jacket
	Optional: swim suit (see canoeing section)
	Optional: toque and gloves (if the forecast calls for cool weather)
	Optional: mesh bug protection clothing – head cover, jacket, pants
Day use items – Pack in a small waterproof bag (see canoeing section)	
	Water bottle (1L recommended)
	Lip balm (with sunscreen)
	Sunscreen
	Bug spray
	Optional: sunglasses with case
	Optional: hand sanitizer
	Optional: notebook and pen
Other personal gear	
	1 or 2 kneeling pads – see canoeing section
	1 re-useable mug
	2 plastic bags (for wet or dirty clothes)
	1 large garbage bag (to waterproof your gear on Sunday after packing up, in case of rain)
	Toiletries in a bag – toothbrush, toothpaste, hairbrush, hair elastics, Kleenex, feminine products, deodorant, lotions, wipes, washcloth, After-bite etc. (there will be running water but no showers)
	1 small hand towel

	1 bath or beach towel (see canoeing section)
	1 flashlight or headlamp with extra batteries
	1 folding camp chair
	Optional: own PFD or lifejacket
	Optional: book and/or small game, like a deck of cards
	Optional: phone or personal electronic devices (with charging cord and power brick)
	Optional: waterproof case for phone (see canoeing section)
	Optional: muscle cream (like Rub A535 or Voltaren)
	As needed: medication in original packaging with completed H.3 form, in a Ziploc bag

Canoeing Tips & Stuff

- You need something to cushion your knees while kneeling in the canoe, which we will do a lot! This can be a gardening kneeling pad (Dollarama), camping sit-upon, or piece of compressed foam. Make sure it's wide enough. You may want to bring a second one for your butt (hard metal canoe seats that get hot in the sun!). Put your name on these.
- Everything on the floor of a canoe usually gets wet. So anything you'd like to keep dry while paddling should go in a small waterproof bag – this can be an extra-large Ziploc bag, a roll-top waterproof sack (Dollarama, Canadian Tire) or other bag type of your choice.
- This is rain or shine event. We'll be outside and on the water in everything but stormy weather. You **MUST** bring a waterproof jacket and waterproof pants so you stay dry in any rain we get.
- Don't let sunburn ruin the fun! SLIP on the right clothes, SLAP on a hat, and SLOP on the sunscreen:
 - ☐ Keep shoulders covered (t-shirts or long-sleeved shirts, no tank tops), and wear capris, long shorts, or pants (avoid short shorts – tops of legs love to get burned while canoeing).
 - ☐ Wear a hat at all times (no hat = no canoeing!)
 - ☐ Apply sunscreen often. The sport and water-resistant kind will be best.
- Sunglasses help protect our eyes and reduce glare on the water. Bring a pair if you can keep track of them and store them safely when not needed. If they'll be a nuisance for you, don't bother.
- The only time you'll be IN the water (as planned!) is during canoe rescues and swim tests. These are scheduled for Friday night/ Saturday afternoon - this will be determined closer to the training. You can wear a swimsuit or regular clothes – your choice – but nothing heavy or baggy. You'll also need a hat, bath/beach towel, sweater, and bug spray for this part.
- We must wear shoes in the canoe – so feet don't get sunburned, or scratched up when we're kneeling. These can be water shoes, sandals with closed toes, running shoes or Crocs. They need to stay on while you're in the water for rescues and swim tests, so make sure they fit tightly enough.
- It's best to leave phones on shore. If you really want to bring one in the canoe (to take pictures, for instance), make sure it's in a waterproof case or in your waterproof bag.
- We'll be active this weekend, and we'll sweat 😊. We want to stay comfortable and not get chilled. Athletic, quick-dry fabrics are strongly recommended. Avoid cotton clothes for paddling in.
- If you have a well-fitting personal floatation device (PFD) or life-jacket, bring it – put your name on it! If not, we're happy to lend one to you. We'll also provide paddles for everyone.