

Fall Canoeing Packing List

Quantity	CLOTHING (AVOID COTTON)	Quantity	PERSONAL (Pack in a Zip-Lock Bag)
1 pair	Dry Camp Shoes	1-2	Eye glasses (back up for contacts)
1	Rubber Boots (Can borrow from OP)	1-2	Contacts/solution/case (extra pair)
2 pair	Underwear/bras (sports work best)		Personal Medication (extra)
2-3 pair	Wool Socks	1	Tooth Brush/Toothpaste (travel size)
1	Long Underwear (Top and Bottom)	1	SUNSCREEN (higher SPF the better)
1	Lightweight Pants(athletic/nylon)		Feminine Hygiene Products
1	Insulating Layer – Fleece/wool sweater	1	Small hand/pack towel (synthetic)
1	Short Sleeved Shirts	1	Lip Balm/chap stick w/SPF protection
1-2	Long Sleeved Shirts		
1 set	Outer Layer - Rain Gear (avoid Ponchos)		
1	Midweight Jacket		<u>TRAVEL STUFF</u>
1	Hat (sun protection)		Purse/Wallet/Cash
1-2	Bandanas/Buff		Snacks
1	Sun Glasses/Case/Lanyard		
1	Lightweight Liner Gloves		<u>OPTIONAL STUFF</u>
	<u>CAMP STUFF</u>	1	Compact Camp Chair
1	Sleeping Bag	1	Camera (waterproof if possible)
1-2	Headlamp/Flashlight (extra batteries)	1	Fanny Pack (don't laugh)
1 each	Mug/bowl/Utensils (small/durable)	1	Sleeping Pad
2	1 Quart Nalgene/Water Bottles	1	Journal/Pen or Small Book
			Chocolate for the Guides 😊
	<u>A POSITIVE ATTITUDE AND HIGH ENERGY!!</u>		

Notes:

- Use this list as a guide for packing. Each person regulated heat differently, so bringing layers is important.
- Fall can present a range of weather conditions from snow and freezing temperatures to warm and sunny, check the forecast and be prepared for a variety of conditions. Contact your guides for additional advice.
- You do not need your own camping and paddling equipment, but you may bring your own if you'd like.
- Synthetic fabrics are necessary for most clothing ie. Polypropylene, Capilene, Wool, Fleece, or similar.
- Rain Gear - avoid ponchos (separate jacket and pants if possible)
- Wet Portage Shoes -Shoes or hiking boots that can get wet. NOT water socks or sandals
 - A sturdy hiking boot with ankle support is recommended.
- Think small - Space is limited
- Light colored clothes to reduce bugs
- Female participants should pack feminine hygiene products - physical activity can change your cycle.
- If you don't have something on the list contact OP! 218-625-4940 or Shawn Olesewski 218-723-6196