# Packing list: Canoe

****We recommend these items are packed in one duffle bag****

**If you do not have any of these items on this list, please contact us and we may be able to lend or rent the items. If your child shows up with improper equipment and you have not made prior arrangements with us, you may need to pickup your child or pay a rental fee.**

## 1. On-trip List (what the participant needs while on the actual expedition):

### Gear

| Item | Quantity | Helpful information |
|---|---|---|
| Hiking backpack | 1 | A proper hiking backpack that has a rigid internal frame, padded hip-straps, rated to carry at least 30 lbs and has a 50-80L capacity. Please remember to ensure this backpack actually fits before the program begins. |
| Rain cover | 1 | A fully waterproof, seam-sealed rain cover that covers the entire backpack. |
| 30L-50L dry sack | 1 | A fully waterproof, seam-sealed dry sack. This will be used as a pack liner to protect clothing and other items from getting wet. |
| Water shoes | 1 pair | A solid pair of sandals, amphibious shoes, or water shoes to be worn while canoeing. |
| Hiking boots | 1 pair | Need to be above the ankle bone, also known as high-top hiking boots. If you are buying hiking boots for this program please make sure to wear them hiking for a few days before the program as they will need to be broken in. |
| Sleeping bag | 1 | Down or synthetic sleeping bags are both good options. The packed volume should not exceed 6L and weigh not more than 4 lbs. The bag must be rated to at least -5 C, the ideal range is -5 C to -12 C. |
| Sleeping bag compression sack | 1 | We highly recommend storing your sleeping bag in a fully waterproof, seam sealed compression sack. |
| Sleeping pad | 1 | An inflatable sleeping pad that packs down smaller than 2L and weighs less than 1.5 lbs. Please check to your mat has no leaks before bringing it on trip. Participants can also use foam camping mats (not recommended). |
| Sleeping pad stuff sack | 1 | All inflatable sleeping pads must be stored in stuff sacks and cannot be loose. This makes them easier to pack and protects them from being punctured. |

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**If you do not have any or all the items on this list, Western Educational Adventures can provide this equipment either for rent or for purchase at a competitive price.**

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| | | |
|---|---|---|
| Pillow (optional) | 1 | A camping pillow can be a nice comfort item to bring, however it must be packable and lightweight |
| Water bottle | 1 | A 1L hard water bottle such as a Nalgene is essential. |
| Hydration system (optional) | 1 | Hydration systems are definitely nice to have but a water bottle is more than adequate. |
| Headlamp | 1 | Flashlights are ok in a pinch but we highly recommend a water-resistant headlamp. |
| Extra batteries for headlamp | 1 set | 1 complete set of extra batteries for the headlamp. We recommend using energizer lithium batteries as they last far longer, work better in colder temperatures and have significantly less mass. We also recommend storing them in a small waterproof drybag or Ziploc. |
| Camera (optional) | 1 | It is recommended to have an extra battery. |
| Waterproof camera case (optional) | 1 | We recommend a Pelican case. |
| Watch | 1 | Waterproof recommended |
| 5L-10L dry sack | 1 | A fully waterproof, seam-sealed dry sack. |
| Camping bowl | 1 | |
| Camping spoon | 1 | |
| Camping fork | 1 | |
| Camping knife | 1 | |
| Camping late | 1 | |
| Camping cup | 1 | |
| Mesh bag | 1 | To fit all camping dishes |

***Please contact us if you have any questions!***

***We highly recommend that all gear is tested before the program begins.***

## Clothing ****Absolutely no cotton****

| | | |
|---|---|---|
| Rain jacket | 1 | We highly recommend a waterproof breathable GORE-TEX type rain jacket (also known as a hard shell). Other fully waterproof rain jackets will work. No ponchos please. |
| Rain pants | 1 pair | We highly recommend a waterproof breathable GORE-TEX type rain pant (also known as a hard shell). Other fully waterproof rain pants will also work. |
| Hat | 1 | A full brim sunhat. |

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| | | |
|---|---|---|
| Sunglasses | 1 | Properly fitting sunglasses that fully cover the participant's eyes. |
| In-camp shoes | 1 pair | A pair of runners, sandals, crocks, etc. used for crossing creeks and wearing at the campsite. Must have a backstrap. |
| Long underwear | 1 | A pair of wool or fleece long underwear. |
| Shorts | 2 | 2 pairs of quick drying shorts. Nylon recommended |
| Swimsuit | 1 | |
| Long pants | 1 pair | 1 pair of quick drying pants. Nylon recommended |
| Underwear | 3 pairs | Synthetic (boxer briefs for males) is best as it reduces chaffing. |
| Socks | 3 pairs | Wool hiking socks. |
| Insulating tops | 2 | Fleece, wool or puffy jackets. |
| T-shirt long | 1 | Wool or synthetic |
| T-shirt short | 1 | |
| Long sleeve sun shirt | 1 | BARE, Body Glove brand or similar. |
| Warm hat | 1 | A fleece hat, toque, etc |
| Fleece gloves | 1 pair | Polar fleece gloves, wool ones work too |

***Please contact us if you have any questions!***

***We highly recommend that all clothing is checked and tested before the program begins.***

## Toiletries and medications

| | | |
|---|---|---|
| 3L dry sack (optional) | 1 | We recommend bringing a 3L dry sack to store toiletries in (in case they leak and to keep them together). |
| Toothbrush | 1 | |
| Toothpaste | 1 | Travel sized |
| Sunscreen | 1 | Must be waterproof |
| Hand Soap | 1 | 200ml or more bottle |
| Hand Sanitizer | 2 | 100ml bottles |
| Bug spray (optional) | 1 | |
| Feminine products | n/a | |
| Personal medications | 2X | If there are certain medications the participant is required to take please pack enough for twice the length of the program. |

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# Packing list: Canoe

**2. Pre-trip List (what the participant needs while in our program and preparing to set out on the expedition):**

****We recommend these items are packed in one duffle bag****

- 5 pairs of socks
- 5 pairs of underwear
- 2 pair of pants
- 2 pair of shorts
- 2 warm sweater
- 1 soap and shampoo
- 1 warm Jacket

## Please do not bring:

- Food
- Electronics (other than those listed)
- Money
- Tobacco, alcohol, etc.
- Expensive/luxury clothing
- Hatchets
- Jewelry and other valuables

## A note on cotton

Cotton is not ideal for any backcountry environment. When cotton absorbs moisture it gets heavy and no longer insulates, instead it actually draws heat away from the body. Other fibers

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such as wool and synthetics don't get as heavy and still have some insulating ability when wet. We don't have the ability to dry clothing in the backcountry.  It can become a safety hazard.

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