

PADDLING PACKING LIST

CLOTHING

Underwear

- Underwear / bras
- Knee support
- Socks
- Long underwear / tights

Outerwear

- Short-sleeve shirts
- Long-sleeve shirts
- Shorts – hiking
- Pants – hiking / zip off
- Pants – water repellent
- Rain jacket
- Light jacket (optional)
- Light gloves
- Headband / hat (for warmth)
- Hat / cap (sun / rain protection)
- Swimwear
- Clothing to wear at camp and / or sleep in (extra shorts, cotton t-shirt, warm shirt or sweater, dry socks)

Shoes

- Shoes or sandals for paddling and portaging – must be sturdy and comfortable to hike in when wet!
- Dry shoes / sandals to wear at camp

ESSENTIALS

Personal

- Pack towel (compact, quick-dry)
- Washcloth (optional)
- Small collapsible wash basin
- Biodegradable soap (campsuds)
- Anti-bacterial lotion
- No-rinse soap / shampoo (optional)
- Lip balm
- Toothbrush
- Toothpaste
- Toilet paper
- Comb
- Ear plugs
- Drugs / vitamins
- Scrunchies / barettes
- Sunglasses / accessories

Group

- First aid kit
- Bandages
- Athletic tape
- Eye lubricant
- Bug spray
- Anti-itch ointment
- Toilet paper
- Sunblock



GEAR

Personal

- Canoe
- Paddles
- PFD (personal flotation device)
- Duluth pack / dry bag / day pack
- Garbage bag(s) to line pack
- Chair / sit-upon pad

Sleeping

- Tent / ground cloth
- Sleeping pad
- Sleeping bag
- Fleece liner bag (optional)
- Pillow (optional)

Eating – Personal

- Bowl / Mug / Utensils
- Sharp knife
- Energy bars / snacks

Eating – Group

- Stove
- Fuel bottles
- Cookset / coffee pot
- Matches & lighter
- Water filter
- Iodine tablets
- Collapsible water filtering bucket
- Collapsible water storage jug
- Food
- Paper towels

MISCELLANEOUS

Personal

- Map
- Waterproof map holder
- Compass
- Whistle
- Water bottles
- Misc. rope and straps
- Headlight
- Headnet
- Batteries
- Leather work gloves
- Reading material
- Extra Ziplocks (optional)
- Binoculars (optional)
- Two-way radios (optional)
- Gloves – neoprene work well (optional)
- Fanny pack (optional)

Group

- Tarp
- Candle lantern
- Bear rope
- Bear spray (optional)
- Guide books / field guides
- Deck of cards
- Frisbee

Other

- Camera / waterproof case
- Film
- Tripod (optional)