

CANOEING II PACKING LIST

PERSONAL EQUIPMENT:

life jacket
*sleeping bag/ Dry Bag
pocket knife
sunscreen
sunglasses
plastic cup
large spoon
dish
insolite pad
camera (optional)
*one stuff sack
toothbrush / paste
*Pack
plastic liner for packs
toilet paper
small flashlight
wooden matches
waterproof match case (Baggies)
fishing pole, WI license, and tackle (optional)

ELC PROVIDES: Group Equipment:

*first aid kit
*map and compass
*extra nylon rope

TEAM EQUIPMENT:

*canoe
*two paddles
*two person tent
*ground cloth
cook pot
fry pan
spatula
wooden spoon
pot grips

NO WATCHES, EXTRA FOOD, or ELECTRONIC DEVICES: i.e. cell phones, Ipods/MP3, radios, games, etc.

SUGGESTED CLOTHING:

rain parka and pants
1 wool or polar fleece shirt
gloves
stocking hat
2 pr Polypropilene long underwear
1 wool sweaters
underwear
short and/or swim suit
1 short sleeve shirt
3 pr wool socks
1 wool or polar fleece pants
1 pr. river shoes
1 pr. camp shoes

*waterproof bag for sleeping bags 1pr wool
food bags
*wet suit

You will be stopping probably once on the way up and once on the way back, so you should bring either a bag lunch or money for fast food stops.

***ELC can provide; you pay for loss or damage**