

Packing List

Clothing

- ☐ 2 pair of shorts
- ☐ 2 pair of pants (***synthetic***)
- ☐ ***1 pair of long underwear (tops and bottoms)*** - for warmth and to sleep in
- ☐ Swimsuit (for the river)
- ☐ 2 t-shirts
- ☐ 1 long-sleeved shirt (***synthetic***)
- ☐ 2 pairs of warm socks
- ☐ 3 pairs of regular socks
- ☐ 3 pairs of underwear
- ☐ Warm sweater (***not cotton***)
- ☐ Warm jacket (***down or fleece - winter jacket recommended***)
- ☐ Toque
- ☐ Gloves or mitts
- ☐ Water shoes (rubber boots, crocs, sandals)
- ☐ ***Comfortable walking shoes*** (runners or hiking boots)
- ☐ ***Waterproof rain gear (tops and bottoms)***

Sleeping Gear

- ☐ Warm sleeping bag (-7C minimum)
- ☐ Sleeping pad
- ☐ Pillow

Personal Gear

- ☐ Toothbrush and toothpaste
- ☐ Towel
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Lip balm
- ☐ ***Labeled 250 mL water bottle***
- ☐ Sunglasses
- ☐ Hat with a peak
- ☐ Flashlight or headlamp
- ☐ Garbage bag for dirty clothes

Food

- ☐ Waste-free bag lunch for first day (please pack your own - you will be expected to eat everything)
- ☐ Snack for group