

- PACKING LIST -
FLATWATER CANOEING

Each camper needs to fit all of her/his personal belongings into 1 bag and be able to carry it a short distance to the camping site.

COME TO CAMP WEARING:

- **Regular camp attire**
- Bring an extra set of clothes in a separate bag to leave at camp to wear when you return at the end of your trip.

CLOTHES TO PACK:

- ***** 1 pair of close-toed shoes for wearing while canoeing!!!** (*They WILL get wet*) An old pair of sneakers works best for this purpose. Slip-on “water shoes” are an acceptable alternative. Sandals of any kind are unacceptable.
- **1 pair of shorts**
- **1 pair long pants**
- **1 light-weight long sleeved shirt**
- **1 T-shirt**
- **1 wool sweater, fleece pullover** (*NO sweatshirts*)
- **2 pair of socks**
- **2 pair underpants**
- **Rain gear** (poncho or coat)
- **Handkerchief or bandanna** (serves many purposes!)
- **1 pair long underwear** – tops and bottoms (*nights get chilly, especially after a day on the water. Yes, these items can become necessary, even in the summer!*)
- **Clothes for sleeping**
- **1 hat** – preferably a hat with a full brim all the way around; baseball hats are OK but do not protect from the sun nearly as well.
- **1 swimsuit**
- **1 Towel**

* **A Note About Clothing Materials:** Because safety is our number one priority at camp and on trips, it is important that campers wear and pack all **synthetic** materials and bring NO COTTON (with the exception of the handkerchief/bandana.) If/when cotton gets wet (either from rain, accidental splashing while canoeing or sweat) it stays wet for a long time and steals warmth from the body (which can be dangerous on a cool evening). All shirts, pants, socks, long underwear, etc. should be made of a synthetic material (i.e., nylon, polyester, etc.); Such materials are quick-drying and retain body heat. *Basketball and soccer jerseys are good examples of these clothing materials you may already own.*

EATING UTENSILS:

- **1 One-liter plastic bottle of water.**
- **1 Bowl** – Plastic or lightweight metal. *Bowls are universal; plates are unnecessary*
- **1 Spoon and 1 Fork** – *Plasticware works nicely. NO knives!!*
- **1 Plastic mug with a handle**
- **First day's lunch**

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PERSONAL ITEMS:

- **Sleeping bag** - able to fit into a pillow case when rolled up or compressed
- **Sleeping pad** - foam insulate or similar type pad (can be found at dept. stores)
- **Toothbrush & Toothpaste**
- **Comb or hair brush**
- **Washcloth**
- **Flashlight with fresh batteries**
- **1 Whistle**
- **2 Large, heavy duty garbage bags** (for covering gear overnight)

ACCEPTABLE, OPTIONAL EXTRAS:

- **1 pair lightweight gloves** - for blister protection (bicycle or batting gloves work well)
- **Sunglasses** - *Be forewarned, people have been known to lose sunglasses in the lake! Have a strap for your glasses if you choose to wear them.*
- **Small pillow**
- **Small, paperback book**
- **Small notepad and pencil or pen w/ a cap**
- **Standard deck of cards**

THINGS **NOT** TO BRING:

- Open-toed shoes. **NO SANDALS WHATSOEVER!!!!** Wear sneakers or boots to camp on the day of your trip.
- Electronics of any kind - *This includes CELL PHONES, Gameboys, Discmans, walkmans, video games, walkie talkies, etc. etc. etc* (watches are OK)
- Exclusive card games - i.e., games that do not allow all group members to play, such as "Yugioh," "Pokemon," "Dragonball Z," etc.
- Anything not on this packing list

ITEMS SUPPLIED BY CAMP:

- Canoes, Paddles, Life Jackets
- Tents
- First aid supplies
- Food and drink (snacks, dinner, breakfast, next day's lunch)
- Cooking Supplies: pots, pans, etc.
- Soap and water for washing
- Toilet paper

* **A Note About Packing:** When packing your belongings, first put various items into gallon-size Zip-Loc bags; Seal and label them with your name. Then, line the inside of your backpack with a large, heavy-duty garbage bag. Lastly, put the sealed items into the garbage bag (which is inside your backpack). This will assure that your items remain dry, even in the event of rain while camping.

* **HINT:** LABEL EVERYTHING!!! Put your name on anything that you can write on. This will greatly cut down on the confusion of campers' equipment and unnecessary loss of personal items.

* **POLICY NOTICE:** TO PREVENT AGAINST TICKS AND INSECT BITES, CAMPER'S CLOTHING MAY BE SPRAYED WITH INSECT REPELLENT UNLESS WE RECEIVE WRITTEN NOTICE NOT TO SPRAY YOUR CHILD