

Camp Packing List

PLEASE LABEL ALL ITEMS WITH YOUR FIRST AND LAST NAME

Divide clothes into three groups - dry, wet and traveling home. Dry clothes are for nighttime and around the campfire while wet clothes are for paddling. Have a change of clothing which is always kept dry ensures both hygiene and comfort.

When packing for camp, think in terms of layering clothing - change in weather simply means removing or adding a layer of clothing.

Personal Equipment List

- Sleeping bag and Stuff Sack lined with garbage bag to keep it dry
- EnsoLite pad or Therm-a-rest - used as a buffer layer between body and ground
- **VERY IMPORTANT** - Rain jacket and pants (please make sure this is waterproof and NOT water resistant) Windbreakers are not acceptable as a raincoat; raincoat that is large enough to accommodate a heavy sweater.
- 30L dry bag such as 'Seal line' or a Stuff Sack lined with a garbage bag. Everything to be brought on trail should fit into this dry bag
- 1 cup - Thermal mugs are good
- 1-litre capacity water bottle – good for long portages
- Wood paddle
- Personal Flotation Device - PFD (optional but are more comfortable than camp PFDs)

Wet Clothes (for the day) - These will get VERY dirty and worn

- 1 – 2 pairs of nylon or cotton shorts
- 1 – 2 T-shirts
- 1 pair pants (no jeans or heavy materials): for sun and bug protection - worn for portaging
- 1 pair long johns: polypropylene or wool is best for warmth when wet
- 1 long sleeved undershirt; preferably polypropylene (no cotton)
- 1 long sleeved flannel or cotton shirt: for sun and bug protection
- 1 Bathing suit
- Warm fleece jacket or wool sweater – do not use cotton
- Toque and mitts (for cold windy rainy days)
- Hat – baseball cap or wide-brimmed to keep noses and ears from burning
- Underwear
- 2 pairs of wool socks (cotton draws heat away from cold feet when wet)
- **VERY IMPORTANT** - 1 pair of hi-top sneakers or hiking boots; these will get wet and must have plenty of ankle support for portaging and walking on wet slippery rocks (an old pair of good quality runners works well)

Camp Packing List - CONT'D

Dry Clothes (for evenings)

- 1 pair of shorts
- 1 pair of pants: army pants or nylon pants are good
- 1 T-shirt
- 1 long sleeved shirt
- 1 set long underwear
- 1 warm sweater
- 2 pairs wool socks
- Pajamas or sleeping T-shirt and boxer shorts
- Underwear
- 1 pair dry shoes – light cotton runners, or sturdy sandals like “Tevas” or “Chacos”

Traveling Clothes (prepare for either warm or cold weather)

- 1 pair shorts
- 1 T-shirt
- 1 pair of pants
- 1 sweater

Because cotton does not keep moisture off skin when it gets wet, it is better to get polypropylene products for insulating layers next to the skin and wool or fleece for warmer layers: these materials have air pockets between the fibres, which serve as an insulator.

Toiletries - On Trail

- Toothbrush
- Hairbrush
- Lip balm with sunscreen
- Sunscreen* (with at least 30 SPF)

Toiletries - At Camp

- Shampoo, Soap
- Lotion
- Deodorant
- Towel

*reflection from water and canoes makes the summer sun very intense. Bring **lots of sunscreen** as you will need to lather up your ENTIRE body at least twice a day.

Optional

- sunglasses
- flashlight or headlamp
- camera and film in waterproof containers
- waist pack to carry small personal stuff
- journal, pen or a book
- crafts (embroidery, thread, seed beads)
- Mosquito repellent - non-aerosol, consider citrus based repellents since DEET products (i.e. Muskol) are strong (they melt plastic) or a **bug shirt/hat (STRONGLY RECOMMENDED).**
- Extra bathing suit to keep at camp for use upon returning to the island