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3 Night River Canoeing Packing List

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

Please 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.

Clothing to pack:

- 1 pair of **close-toed** shoes for wearing while canoeing. *These shoes will get wet, and must not come off easily. An old pair of sneakers works best for this purpose. Snug-fitting water shoes are an acceptable alternative. Sandals of any kind are unacceptable.*
- **1 separate pair of closed-toe shoes to keep dry and wear around the campsite**
- **2 pair of shorts**
- **1 pair of long pants**
- **1 light-weight, long-sleeved shirt**
- **3 T-shirts**
- **1 wool sweater or fleece pullover (no sweatshirts)**
- **3 pair of socks**
- **3 pair of underpants**
- **Rain gear (poncho or coat)**
- **Handkerchief or bandanna (serves many purposes!)**
- **1 pair of 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**

An important 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.

Eating utensils to pack:

- 3 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 (*please do not pack a lunch if your child receives hot lunch*)

Personal items to pack:

- 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*)

Optional extras:

- 1 pair of light weight gloves for blister protection (*bicycle or batting gloves work well*)
- Sunglasses (*be forewarned, people have been known to lose sunglasses in the water, a strap for your sunglasses helps*)
- 1 pair of knee pads (*kneeling in canoes is essential for safety when on the river. Knee pads make the experience more comfortable and therefore more enjoyable!*)
- Small pillow
- Small, paperback book
- Small notepad and pencil or pen w/ a cap
- Standard deck of playing cards
- waterproof camera

Please do not bring:

- Electronics of any kind – this includes cell phones, smart phones, ipods, or any other digital media device (*watches are OK*)

Items supplied by camp:

- Canoes, Paddles, PDFs
- 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

Please 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. To prevent against ticks and insect bites, camper's clothing may be sprayed with insect repellent. Please notify us if you wish us *not* to spray your child.

An important note about how to pack for an overnight: When packing, first put various items into ***gallon-sized zip-loc bags***, sealed and labeled with your (child's) name. Then, line the inside of your (child's) backpack with a ***large, heavy-duty garbage bag***. Lastly, put the sealed items into the garbage bag lining the inside of your (child's) backpack. This will assure that these items remain dry, even in the event of rain while camping.