

## Adult Volunteer Packing List - Canoeing

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As you pack for this canoe expedition, think light. You will be paddling/portaging most days and we want this to be a safe, successful challenge. By living simply, you realize only essentials are needed to experience wilderness, have fun, and share with friends. This expedition is about building relationships not about stuff! This list is based on layering clothing since weather conditions can range from the 40s to 80s.

### **Clothes/equipment to bring for the wilderness**

- 1 pair **close-toed** water shoes (Keens, Crocs, tennis shoes, boots)
- 2 pairs socks (wool or synthetic, no cotton)
- Long underwear, top and bottom
- Fleece top
- Rain jacket and pants (light weight)
- Warm hat
- Underwear
- Sports bras for women
- 1-2 swimsuits/shorts
- 1-2 T-shirts (nylon/poly dries faster than cotton, consider one each)
- 1 visor/cap to keep sun off
- 1-2 bandanas
- Personal care kit (wet wipes, prescriptions, lip protection-w/SPF, sunscreen, insect repellent, toothbrush, toothpaste, feminine hygiene products)
- Sunglasses with strap
- Second pair of glasses (if you use prescription glasses and you have a second pair).
- Prescription medications, if needed. (Extra inhaler if needed.)
- Tent for every 2-3 adults (work this out among the adult team)
- Sleeping bag and pad
- Headlamp
- Plastic cup, spoon, and bowl
- 1 quart size water bottle

**Optional/luxury items for the wilderness:** fishing gear, 1 long sleeve shirt for sun protection, book, craft, extra pair of close toed shoes for camp or small pillow

### **Additional clothes/equipment to bring for travel days**

- Change of clothes (underwear, t-shirt, socks, pair of shorts)
- Small or medium sized towel (recommended)
- Shampoo/toiletries that you would not bring on the trail

\*Leave valuable items at home. Your travel clothes and gear may be stored in an insecure location.