



## Canoe Expedition Packing List

*Below is a packing list of what to bring for your expedition with Big City Mountaineers*

### **To Pack:**

- ☐ 2-3 t-shirts \*
- ☐ 1 sweatshirt or light jacket \*
- ☐ 2 pairs of shorts (Athletic/non-denim recommended) \*
- ☐ 1 pair of pants (Athletic/non-denim or non-cotton recommended) \*
- ☐ 5 pairs of underwear (sports bras recommended)
- ☐ 1 swimsuit & towel
- ☐ Hairbrush or comb
- ☐ Toothbrush & toothpaste
- ☐ Prescription medication (All medication must come in original package)
- ☐ Extra glasses/contacts (if you use them)
- ☐ Menstrual hygiene products
- ☐ Baseball hat or other sun hat \*

\* Recommended fabrics are wool, polyester or nylon (they wick moisture away from the body) but bring what you have! No need to buy or find other clothes.

### **Optional:**

- ☐ Camera (phones not allowed on trips)
- ☐ Journal
- ☐ Book
- ☐ Fishing pole & tackle
- ☐ Sunglasses

### **For after the Expedition / the van ride home:**

- ☐ Clean change of clothes (shirt, shorts or pants, socks, & underwear)
- ☐ Soap, shampoo, & towel (you'll be able to shower after the trip)
- ☐ Phone (not allowed on the canoe trip itself)

### **Items to Leave at Home**

- ☐ Perfumes, Colognes and other strong smelling personal care items (these can attract animals & bugs which is not good for us or them!)
- ☐ Unnecessary hair styling products, think instead about wearing hair in styles that are lower maintenance (there won't be access to showers)

### **Items Provided by Big City Mountaineers:**

- ☐ Hiking boots (for during the day) & Sandals with heel strap (for swimming)
- ☐ Wool hiking socks
- ☐ Rain jacket and pants
- ☐ Fleece sweatshirt/ jacket
- ☐ Sleeping bag & sleeping pad
- ☐ Flashlight / headlamp
- ☐ PFD (Personal Floatation Device)
- ☐ All additional backcountry specific gear like tents, stoves, cooking utensils, etc.

If you have any questions about the packing list, or have any requests for additional gear or personal items, please contact the **MN Regional Program Manager**