

Weekend Canoe Trip Packing List and other packing Hints

PERSONAL

- 1 gallon water per person. Use plastic jugs with **screw on lids**; fill 2-3" from the top. Freezing water is optional but is nice in the summer, freeze it at least 24 hours before departure if you want cold water on the trip.
- 1 water bottle per person, filled (20 oz plastic soda bottles work great)
- Sleeping bag (Should fit into a five gallon bucket)
- Sleeping pad - backpacking type (this single item can significantly improve your sleeping comfort and warmth)
- Sunscreen (spf 15 or higher)
- Toothbrush, toothpaste (Optional toiletries: Biodegradable soap, hand lotion, personal hygiene products, etc.)
- Small Towel
- Small flashlight (with extra new batteries and bulb)
- Whistle on a lanyard (string)
- Durable plastic cup, plastic bowl & plate, and metal utensils (these items should not be the disposable type)
- Insect repellent (creams are preferred)
- Inexpensive sunglasses & keeper strap (optional)
- If you must wear corrective eyewear, consider bringing a spare pair and a safety/keeper strap for your glasses.
- 2 extra large heavy-duty trash bags (preferably clear)
- Large sponge (car wash type) or cutoff jug (w/ tie on string about 5' long) for bailing water

CLOTHING

- Bathing suit (no bikinis)
- 2 pairs shorts (light cotton or quick drying nylon seem to work the best)
- 1 pair of nylon pants or light cotton. No jeans please; they become very heavy when they are wet and almost impossible to dry.
- 2 short sleeved shirts (50/50 blend or other quickdry material preferred)
- 1 medium weight wool or fleece long sleeved shirt/jacket (avoid cotton if at all possible)
- Rain gear: jacket & pants set. This is your most important garment! Must be 100%

waterproof. **No ponchos please.**

- River shoes, old sneakers or sandals with straps like Texas. These will get wet and dirty. **No flip-flops without an ankle strap**
- Campsite shoes or boots (to be worn dry, on land)
- 2 pair of socks (one pair of wool socks preferable)
- 2-3 sets of underwear
- Wide brimmed hat

Spring and fall trips (*April, May & late September*)

- Long underwear (synthetic material **NOT** cotton)
- Wool or fleece pants and sweater
- Wool or fleece stocking hat
- Wool socks (2 pair)
- Gloves
- Wet suit shirt (optional)

OTHER FUN ITEMS TO HAVE ALONG

- Small camera and film
- Fishing gear & license
- Binoculars
- Compact folding stool or lawn chair
- Small notebook/ Journal
- Pencil/Pen
- Small Pack Pillow
- Small Bible
- Folding pocketknife

CAMP HEBRON WILL PROVIDE

Tents, Canoes, life jackets, paddles, food, cooking gear, and transportation from camp to the river and back to camp. If you wish to bring any of your own gear or have issues acquiring the above items, please contact the Adventure Program Specialist.

DO NOT BRING

- ❑ Valuables
- ❑ CDs/mp3/IPODs or digital/video players of any type, electronic games
- ❑ Non-prescription drugs, alcohol, tobacco
- ❑ Fixed blade knives or other weapons
- ❑ Fireworks
- ❑ Extra food or snacks, plenty of food and snacks will be provided

It is reasonable to expect a wide range of weather conditions during your trip particularly in spring and fall, regardless of weather you plan on getting wet (putting in and taking out, splashing, and maybe even tipping). It is important that you pack appropriate clothing, and **do not deviate from this list**. The proper gear will help bring you through the weekend with a smile on your face even when it rains. Before your trip check the latest forecast for the region we will be traveling in and ask yourself, "If it gets colder and wetter, do I have the right gear along to handle it?"

Please pack all your gear in waterproof containers for the trip. We will provide you with one barrel per person to pack your gear in or you may use one of the options below. If you wish to use a barrel please bring a large trash bag to line the barrel and arrive 15 minutes early to allow time to pack your barrel. Your other options include: Dry bags (expensive, yet reliable) and five gallon buckets (inexpensive and reliable). Please use one of these containers to pack your gear for the trip. When packing in buckets, first place a large heavy-duty (3-4 mil) plastic trash bag in the bucket and then place your items inside. You should then compress the contents and close the bag, sealing it by tying a piece of string or shock cord around the top. Your rain gear, sunscreen, and sunglasses can be placed on top of the sealed bag.

We will be traveling and camping in a wilderness environment with evenings spent at primitive campsites along the waters edge **that have no showers or toilets**. We will provide information and trowels for basic toileting needs. Please call Camp Hebron if you have questions.