



Canoe Overnight Packing List

Required: Swimmer-level certification within the last 12 months; USCG-approved, inherently buoyant life jacket worn at all times on the water. No cotton - wool or synthetics only.

ON THE WATER

- ☐ Personal life vest (USCG-approved, inherently buoyant)
- ☐ Sun shirt / loose-fitting long sleeve
- ☐ Paddling gloves
- ☐ Whistle
- ☐ Bail cup
- ☐ Dry bag for personal gear (contractor trash bag works and is provided)
- ☐ Ziplock bags for small items
- ☐ Water bottles (2-3 L)
- ☐ Wide-brimmed hat and sunglasses with retainer
- ☐ Sunscreen and lip balm
- ☐ Water shoes or sandals with heel strap

OVERNIGHT CAMP

- ☐ Tent (1- to 3-person) - hammock spots not guaranteed
- ☐ Sleeping bag
- ☐ Camping mat; travel pillow (optional)
- ☐ Merino wool or polyester base layer
- ☐ Extra wool socks and quick-dry underwear
- ☐ Warm hat and windproof evening layer
- ☐ Complete dry change of clothes (no cotton)
- ☐ Tarp, cordage, and pegs (optional)
- ☐ Mosquito net (optional)

PERSONAL KIT

- ☐ Personal first aid kit
- ☐ Hand sanitizer and toilet paper (no restrooms on the river)
- ☐ Trowel (cat holes - Trailman's Handbook sanitation)
- ☐ Separate small backpack for the overnight
- ☐ Extra snacks
- ☐ Headlamp with fresh batteries
- ☐ Mess kit (cup, bowl, spoon)
- ☐ Jetboil or backpack stove and small pot (optional)