



Life jackets and paddles are provided by the outfitter; life jackets are worn at all times on the water. Bringing your own kayak or canoe? Bring your own paddle. No cotton - wool or synthetics only. Bring all of your own supplies: the troop is not supplying trash bags or dry bags.

ON THE WATER

- ☐ Whistle on a lanyard (clips to your life jacket)
- ☐ Your own paddle, if you bring your own kayak or canoe
- ☐ Rain jacket
- ☐ Sun shirt / loose-fitting long sleeve
- ☐ Quick-dry shorts or swim trunks
- ☐ Wide-brimmed hat and sunglasses with retainer
- ☐ Sunscreen and lip balm
- ☐ Water shoes or sandals with heel strap (no flip-flops)
- ☐ Water: 6 L per person for the whole trip (none on the river)
- ☐ Electrolyte drink mix
- ☐ Dry bag(s) for all personal gear - bring your own
- ☐ Ziplock bags for small items
- ☐ Strap, cord, or carabiners to tie gear into the canoe
- ☐ Small day pack for what you need within reach
- ☐ Bail cup or sponge
- ☐ Paddling gloves (optional)
- ☐ Personal first aid kit and any personal medications
- ☐ Hand sanitizer and toilet paper (no restrooms on the river)
- ☐ Trowel (cat holes - Trailman's Handbook sanitation)
- ☐ Sealable bag to pack out used toilet paper
- ☐ Pocket knife (optional)
- ☐ Headlamp with fresh batteries

OVERNIGHT CAMP

- ☐ Tent (1- to 3-person) - hammock spots not guaranteed
- ☐ Lightweight sleeping bag or liner (lows in the mid-60s)
- ☐ Camping mat; travel pillow (optional)
- ☐ Complete dry change of clothes (no cotton)
- ☐ Light long-sleeve layer for the evening
- ☐ Dry socks and quick-dry underwear
- ☐ Closed-toe camp shoes
- ☐ Insect repellent
- ☐ Small towel
- ☐ Tarp, cordage, and pegs (optional)
- ☐ Mosquito net (optional)

PERSONAL KIT

- ☐ Saturday lunch: a packed sandwich lunch, no cooking
- ☐ All of your other meals and snacks
- ☐ Mess kit (cup, bowl, spoon)
- ☐ Stove, fuel, lighter, small pot (optional - else no-cook meals)
- ☐ Trash bag - pack out everything; no glass containers