



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## RIVER CANOE PACKING LIST

- Swimsuit
- Quick dry tee-shirt or tank top
- Quick dry long sleeve shirt
- Shorts—no jeans or cotton
- Raincoat—please no ponchos
- Rain pants
- Sunglasses
- Fleece Sweatshirt or Jacket
- Winter hat
- Hat with a visor
- Pair of shoes for paddling (would recommend sandals with a backstrap: Chacos, Keens, etc.). **No flip flops please!**
- Tennis shoes/in camp shoes (keep them dry)
- Sunscreen—recommended that each participant bring their own bottle
- Chapstick with SPF
- Chamois towel
- 2-3 pairs of wool socks (keep one set dry)
- Underwear
- Flashlight or Headlamp
- Bugspray
- Small Sleeping Bag (warm is better)
- Water bottle—32 oz. is a must!
- Personal items (toothbrush, toothpaste, small towel, feminine products)
- Extra pair of eyeglasses and/or contact lenses
- Safety cord for eye classes and sunglasses

### OPTIONAL ITEMS

- A book/journal/small games—are great for in camp or rainy days on trail.
- SealLine or other Dry Bag (this item is optional and camp does have some if you don't have one. They are a great investment if you plan to continuing doing trips!)
- Camera
- Compass
- "Crazy Creek" chair
- Pens/Pencils

## PRO-TIPS

- Footwear is important on trail. Campers will have to swim with their shoes on when swimming. Make sure they have at least one pair that can be wet at all times and then a pair of in camp shoes. Flip flops are not acceptable trail shoes.
- Avoid Cotton Clothes! For cold water paddling cotton dries slowly and will not keep you warm when wet. Having cotton t-shirts in the mix through is fine if the weather is hot.
- Good Layering Rules:
  - Layer One:** a base layer that will wick away perspiration from your body (polypropylene or capilene)
  - Layer Two:** An insulating layer that will keep your body warm (wool or fleece is great!)
  - Layer Three:** rain gear; wind breaker or outer shell that will repel water