Canoe Trip Overnight Packing List:

What to Bring:

- Tent (set up in advance to ensure you have all necessary components)
- Thermarest (or thin sleeping pad)
- Sleeping bag
- Water bottle (full)
- Clothing: (pack light but smart….be prepared for cool, rainy weather)

2-3 complete changes of clothes. No cotton. (If cotton gets wet it is difficult to dry)

  - Long pants
  - Fleece jacket
  - Rain jacket
  - Rain pants
- Rubber boots or river shoes to walk in the water
- Sunglasses/sunscreen
- Hat
- Fishing rod (Adults require a fishing license)
- Toiletries
- Knives (for whittling)
- **Food:** (Day 1: lunch, dinner, Day 2: breakfast and lunch)
  Note: We hope to have a campfire-but do not rely on it for cooking. There are many healthy no-cook foods to bring on a one overnight camp trip. Examples:
  Supper: Humous/Pita wraps, pre-cooked pizza/lasagna, pre-cooked hotdogs.
  Breakfast: Bagels+cream cheese
  Lunch: Trail mix, fruit and vegetables, granola bars.
- **Water:** 1 gallon of water per person. (Safeway gallon jug)
- Feel free to bring own small portable camp cook stove with pots if you wish to cook a meal.
- Quality gear can be rented from MEC if necessary.

Packing:

Pack clothing and sleeping bags in a water-proof bag.
If you don't have a waterproof bag…triple layer 3 heavy-duty garbage bags and stuff this improvised waterproofing into a hockey bag. (this combination works very well)