



# CANOE TRIP Clothing & Equipment List



**ALL STUDENTS PARTICIPATING IN CANOE TRIP PROGRAMS ARE REQUIRED TO BRING A 30L- 40L DRY BAG FOR THEIR PERSONAL CLOTHING AND EQUIPMENT.**

DURING THE DAY	ADDITIONAL ITEMS
<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 warm fleece or wool sweaters/jackets (<i>not cotton</i>) Winter jacket is fine, but it does not replace the need for a <b>WATERPROOF</b> rain jacket as well</li> <li><input type="checkbox"/> 2 pairs of pants (lightweight and durable) Nylon, polyester blend, or synthetic fiber is best. <i>Jeans and cotton are not permitted due to being ineffective if they get wet</i></li> <li><input type="checkbox"/> 1 pair of shorts (weather permitting)</li> <li><input type="checkbox"/> 1 bathing suit</li> <li><input type="checkbox"/> 2 – 3 t-shirts (depending on length of trip)</li> <li><input type="checkbox"/> 1 pair of long underwear (top and bottom, synthetic fiber or polyester blend, not cotton)</li> <li><input type="checkbox"/> 4 pairs of socks (wool or synthetic)</li> <li><input type="checkbox"/> 4 pairs of underwear</li> <li><input type="checkbox"/> 1 baseball or sunhat, 1 winter hat/toque, 1 pair of gloves/mitts (Bring all 3 items)</li> <li><input type="checkbox"/> 1 set of rain gear – jacket and pants</li> <li><input type="checkbox"/> Personal Hygiene Products</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Journal, pens/pencils in a zip-lock bag</li> <li><input type="checkbox"/> 1 whistle (Fox 40)</li> <li><input type="checkbox"/> 2 large Ziploc bags for waterproofing &amp; organizing.</li> <li><input type="checkbox"/> 2 large garbage bags to waterproof or isolate wet items</li> <li><input type="checkbox"/> Sunscreen – waterproof SPF 30 minimum</li> <li><input type="checkbox"/> 1 One Litre Water Bottle (screw-top is best. E.g. Nalgene)</li> <li><input type="checkbox"/> Extra pair of prescription glasses (if needed)</li> </ul>
<b>AT NIGHT</b>	<b>OPTIONAL</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 compact <b>sleeping bag</b> (rated for 0°C or lower). Synthetic or down are best. <u>No cotton bags</u>, as they are not compact and will not dry.</li> <li><input type="checkbox"/> 1 compact sleeping pad (provides warmth and extra comfort, Example: ThermaRest or Ensolite Pad).</li> <li><input type="checkbox"/> Top and pants to sleep in (E.g. extra set of long underwear / light-weight fleece).</li> <li><input type="checkbox"/> 1 toothbrush, small toothpaste, hand sanitizer, headlamp or flashlight with extra batteries.</li> </ul>	<b>MEDICATION/PERSONAL WELLBEING</b>
<b>FOOTWEAR</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Any Relevant Medication, Epinephrine Auto-Injector(s), Inhaler, etc.</li> <li><input type="checkbox"/> Please ensure that all necessary medications are outlined in detail on the Health Information form. Please bring all medication labeled with your name. <b>Teachers must be aware of and administer all medications that the students are bringing.</b></li> <li><input type="checkbox"/> Students at risk of anaphylactic reactions must bring a <b>minimum of 2 epinephrine auto-injectors</b> to the program.</li> <li><input type="checkbox"/> 2 personal face masks/face coverings per day</li> </ul>
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 pair of ‘<b>Dry Shoes</b>’ <u>Must be close-toed.</u> These shoes will be worn at the end of the day.</li> <li><input type="checkbox"/> 1 pair of ‘<b>Wet Shoes</b>’ <u>Must be close-toed.</u> These shoes will be worn throughout the day. You will be portaging, hiking, <b>and swimming</b> in these shoes. These shoes will get muddy and wet and must give you ample support. <b>Old running shoes are ideal.</b></li> </ul> <p><i>*Crocs, open-toed Keens/Texas or sandals of any kind can be dangerous on trip and will not be accepted as suitable footwear.</i></p> <div style="display: flex; justify-content: space-around; align-items: center;">  </div>	<p style="text-align: center;"><b>SPECIAL NOTES</b></p> <p>Please do not bring <b>extra food of any kind</b>. Extra food invites insects and critters into cabins/tents and <b>may cause life-threatening harm to those with food allergies. In the name of taking care of everyone, food from home is strictly prohibited during all ALIVE programs.</b></p> <div style="text-align: right;">  </div>

## WATCH OUR CANOE TRIP PACKING VIDEO

Please watch our Canoe Trip Packing video that expands on the items listed above.

<http://www.youtube.com/watch?v=QjV-olnK6To>

Please do not bring electronics or internet-connecting devices of any kind. These programs offer a valuable opportunity for students to unplug from technology and connect with the natural environment and their peers.

### Packing for a Canoe Trip - Common Questions

**What is the Layering System and Why is it important?** Wearing multiple layers of clothing allows you to add or omit clothing to ensure that your body stays at a comfortable temperature as weather conditions or activity levels change. The layering system is a combination of a *Base*, *Mid*, and *Outer* layer. The Base layer is meant to keep heat in, while the outer layer is designed to keep elements such as wind and rain out.

When packing, consider one set of clothes for the day that can get wet during travel (Wet Clothes) and one set for the campsite and night that will keep you warm (Dry Clothes).

#### What materials should my clothing layers be made from?

Wool, fleece, synthetic, or polyester blends are best for your base and mid-layer. Your rain jacket should be any waterproof breathable material such as Gore-Tex or Nylon. Rubber rain jackets provide excellent protection from rain and are acceptable, however, they are not recommended since they do not allow moisture to escape from the body and may not keep you as dry as possible. Please do not bring anything made from cotton or denim material. It will not keep you warm and will not dry if it becomes wet.



#### What do you mean by Waterproof Breathable?

Outer Layers such as rain jackets that are waterproof and breathable are made with a membrane that has pores small enough to let water vapour (sweat) out from the body, however small enough to not allow wind and rain in.



#### What type of bag should I pack in?

Everything that you bring to the program should fit in a **Duffel Bag**. The duffel bag simplifies travel from your home to the host site. At the program, you will transfer your gear from your duffel bag to your dry bag. Your duffel bag will stay in a cabin at camp while you are on trip.

A rubberized **30-35 Litre Dry Bag** will hold your personal items on trip. Please avoid dry bags that have straps. Your dry bag will fit into a larger canoe pack provided by the camp. An example of a dry bag is the *MEC Brooks Dry Bag* or the *Outdoor Research Durable Dry Sacks*, both found at MEC.



Please do your best to test that all your gear fits in your dry bag prior to the program. You should be able to roll the top down a few times to obtain the proper waterproofing seal. **Please note, your sleeping pad does not need to fit in your dry bag.** If you cannot fit everything, simply bring all gear in the duffel bag and an instructor will help you pack your dry bag upon arrival.