



Special Tripping: Suggest Clothing and Equipment

SPECIAL NOTES:

- Please ensure your camper brings everything for trip to camp.
- We cannot guarantee that personal packages will be delivered at the food drops.
- Darker colours attract bugs and tend to absorb more heat. Lighter colours are preferred. Avoid dark green or navy.
- Blue jeans are not recommended for canoe tripping.
- Proper Hiking shoes are essential. Sandals, flip-flops and Tevas are not encouraged as they can lead to foot injuries on the rough camp terrain.
- The Camp will supply tripping stoves where necessary. Campers should not bring this item to Camp.
- Extra items such as socks and batteries can be exchanged at food drops.

ESSENTIALS:

- ___ 1 PAIR of HIKING SHOES (should give good support to ankles)
- ___ 1 PAIR LIGHTWEIGHT SHOES (appropriate for campsite)
- ___ 1 FLEECE JACKET
- ___ 1 SWEAT SHIRT
- ___ 1 PAIR of SWEAT PANTS (**NOT JEANS**)
- ___ 1 THERMAL/QUICK-DRY SHIRT
- ___ 2 PAIRS of QUICK-DRY SHORTS
- ___ 2 T-SHIRTS
- ___ 1 BATHING SUIT
- ___ 2 PAIRS of UNDERWEAR/BOXERS
- ___ 3 PAIRS of SOCKS (bring extra socks for food drops!)
- ___ 1 HAT (with brim, to prevent sunstroke) and 1 BANDANA
- ___ 1 RAIN SUIT **Very Important - the suit should be windproof and waterproof.**
Please note: some of the nylon suits available are not waterproof.
- ___ 1 SLEEPING BAG (warm but **not** bulky)
- ___ 1 LIFEJACKET WITH **A WATERPROOF WHISTLE** ATTACHED (must be government approved by the Ministry of Transport. Any camper who does not have a waterproof whistle will be required to purchase one from the tuck shop.)
- ___ 1 PADDLE (this item may be purchased at the Tuck Shop or bought at an outfitting store)
- ___ 2 WATERPROOF DRY BAGS (20 L size recommended). **> 30L ARE NOT APPROPRIATE.**

PERSONALS:

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|--|--------------------------------------|
| ___ INSECT REPELLANT* | ___ BATTERIES* |
| ___ TOOTHBRUSH & PASTE* | ___ SUNGLASSES |
| ___ PLASTIC WATER BOTTLE/FILTER* | ___ TAMPONS/NAPKINS* (biodegradable) |
| ___ LIP MOISTURIZER*& SKIN MOISTURIZER | ___ TOWEL/SHAMMY (not bulky) |
| ___ SUNSCREEN SPF 30+* | ___ BRUSH/COMB |
| ___ SOAP (biodegradable)* | ___ SHAMPOO (biodegradable)* |
| ___ LETTER WRITING MATERIAL* (mail can be sent from food drops) | |
| ___ FLASHLIGHT ("Petzl" headlamps are recommended – <u>no</u> candles and fuel lamps)* | |

OPTIONAL:

- | | | |
|----------------|------------------|---------------------|
| CAMERA & FILM | PLAYING CARDS | PAPERBACK BOOK |
| FISHING TACKLE | POCKET KNIFE | THERMA-REST BED PAD |
| FANNY PACK | EXTRA SHOE LACES | GLOVES and TOQUE |

* THESE ITEMS ARE AVAILABLE FOR PURCHASE IN THE TUCK SHOP