Wilderness TREK Canoeing Packing List:

Headwear:
___ 1 baseball cap or sun visor
___ 1 fleece ski hat
___ 1 headlamp (w/ extra batteries!)
___ 1 pair of sunglasses

Upper body clothing:
___ 2 polypropylene or woolen long underwear top base layer (cotton is not acceptable!)
___ 2 t-shirts (polypropylene is preferred!)
___ 1 fleece jacket (sweatshirts and other cotton items are not acceptable!)
___ 1 light nylon windbreaker jacket (this is a good anti-mosquito layer)
___ 1 waterproof rain jacket (breathable preferred, no ponchos!)

Lower body clothing:
___ 1 polypropylene or woolen long underwear bottom base layer (cotton is not acceptable!)
___ 3 pairs of underwear
___ 2 pair of nylon hiking shorts
___ 1 bathing suit
___ 1 pair of fleece pants
___ 1 pair of waterproof rain pants (breathable preferred)

Footwear:
___ 1 pair of camp shoes (sneakers or sandals to keep dry)
___ 1 pair of boat shoes (closed toe water shoes recommended!)
___ 3 pairs of heavy wool hiking socks (poly mix also acceptable)

Equipment:
___ 1 backpack w/ padded hip belt (internal frame 4000 cu. acceptable; 4500cu. preferred)
___ 1 sleeping bag (mummy style rated to 30 degree or lower)
___ 1 foam sleeping pad (Ensolite, Thermarest, or Ridge Rest)
___ 2 one-liter water bottles (BPA free!)
___ 1 thermal mug, 1 bowl, 1 spoon or spork
___ 1 small pocketknife or Leatherman® tool
___ 3 large garbage bags (to waterproof clothing and sleeping bag)
___ 2 cotton bandannas
___ Toiletries (toothbrush, paste, brush, sunscreen, lip balm; NO soap or shampoo!)

Optional:

Waterproof dry bag, crazy creek chair, camelbak®, gaiters, camera, book, personal journal, Frisbee, waterproof pack cover, hacky sack, or woolen gloves

***If you wear contact lenses you MUST ALSO bring a pair of glasses***