

## CANOEING PERSONAL GEAR LIST

- 18 GALLON RUBERMAID PLASTIC BOX WITH BUGGIE CORD LATCH
- NYLON STUFF BAG (26"X22") W/ H.D. TRASH BAGS - all personal gear should fit in this except day pack w/ stuff\*
- LIGHT WEIGHT SLEEPING BAG OR BLANKET AND SHEET
- SLEEPING PAD OR AIR MATTRESS
- FANNY PACK OR SMALL DAY PACK W/ DOUBLE ZIP LOCK BAGS FOR QUICK ACCESS ITEMS\*
- WATER BOTTLE\*
- CUP, BOWL, SPOON\*
- POCKET KNIFE\*
- FLASHLIGHT W/ FRESH BATTERIES\*
- RAINGEAR\* - cannot be vinyl, must be good quality
- INSECT REPELLENT\*
- SUNGLASSES W/ STRAP - wear

### FIRST AID KIT\* - in ziploc

- BAND-AIDS
- ASPIRIN
- ANTACID TABLETS
- CHAPSTICK
- SUN SCREEN LOTION SPF 30 OR MORE

### PERSONAL HYGIENE ITEMS - in ziploc

- TOOTHBRUSH AND TOOTHPASTE
- SMALL WASHCLOTH - THIN
- BIODEGRADABLE SOAP
- SMALL DEODORANT
- SMALL COMB - OPTIONAL

### CLOTHING - TO PACK - in ziploc bags

- LONG SLEEVE SHIRT
- LONG PANTS - SWEATS OR NYLON
- CHANGE OF UNDERWEAR
- SOCKS - 1 PAIR
- CAMP SHOES - LIGHTWEIGHT
- T-SHIRT
- JACKET
- EXTRA SWIM SUIT OR SHORTS
- SLEEP SHORTS, UNDERWEAR AND SHIRT

### OPTIONAL ITEMS

- CAMERA AND FILM - in ziploc bag
- FISHING GEAR
- CANOE SEAT BACK
- EXTRA FLASHLIGHT BATTERIES

### SURVIVAL KIT\* - in ziploc

- COMPASS
- MATCHES IN WATERPROOF CONTAINER
- LIGHTER
- WHISTLE
- CANDLE
- 1/8" NYLON CORD [50 FT.]
- FOIL [12" X12"]
- SMALL BIBLE
- PAPER AND PENCIL

### CLOTHING - TO WEAR

- SHORTS OR SWIM
- T-SHIRT OR LONG SLEEVE SHIRT
- UNDERWEAR
- SOCKS - OPTIONAL
- HAT
- STRAP SANDALS OR WATER SHOES
- BANDANNA

