



Packing List for Venture Out Men's Canoe Trip

Recommended Packing List:

(Remember, this trip will include several portages, where all gear must be carried while also portaging canoes, so packing lightly is a necessity. The group will repack while at CPBC to fit all gear into dry bags and Duluth packs.)

- Required medications (medications must be in original containers - this include over-the-counter drugs as well.)
- Nylon "mummy style" sleeping bag with stuff sack: must be warm, lightweight and packable (4- 5 pounds max, fit into stuff sack 10 x 20 max) 20 degree F rating
- Several changes of clothing, including clothing for all situations (pack clothes for cold, buggy weather)
 - Water shoes or old tennis shoes that you can wear in the water, Keens, or sandals with a back strap (NO flip-flops or Crocs – these can come off easily)
 - 1 pair tennis shoes or sandals to keep dry and change into at campsite
 - 2 t-shirts and 4-5 pairs of underwear
 - 2-3 pairs of socks
 - 1 warm fleece or wool long sleeve layer
 - Waterproof rain jacket and pants
 - 1 pair of loose fitting pants for campsite (not cotton or jeans)!
 - 2 pair quick drying shorts
 - Something to wear to sleep
 - Swimsuit and small towel / camping towel
- Water bottle (available for purchase in the canteen)
- Small Bible, paper, and pencil (if necessary, a Bible can be provided for the week) – packed in Ziploc bag
- Sunglasses, brimmed hat
- Sunscreen, insect repellent (non-aerosol), lip balm
- Headlamp or flashlight with extra batteries
- Toiletry items (use small travel containers and pack in Ziploc bag)
- One clean outfit to leave at camp to change into after the trip
- 6 or 7 1-2 gallon Ziploc bags (to pack clothes in)

Camp will provide:

- One dry bag per person
- Duluth packs
- Tents
- Canoes / paddles / PFDs
- Food/Snacks
- Water filtration system / water jugs
- Stoves, cooking equipment
- 8 oz. Cup
- Bowl
- Spork
- First Aid Kit

Optional "Luxury" Items to pack:

- Lightweight camp chair (i.e. Crazy Creek), not a full size folding chair, though
- Hammock and straps
- Camera (in waterproof bag)
- Fishing pole / tackle + MI fishing licence
- \$15-\$40 for camp clothing, souvenirs, or merchandise and/or money for mission project donation, if desired.