

## **Packing List for Canoe Trip**

This list represents an ideal list. Don't go out and buy a pile of expensive equipment. You could borrow almost everything on this list from a friend or relative or get it at a used clothing store. If you can't find one or two items, find a reasonable substitute. **It helps to pack in 2-gallon Ziploc bags to keep things accessible, in order, and dry.**

### **The following items are recommended:**

- \*\* completed health form (see below)
- \*\* required medications (see below)
- \*\* 1 nylon sleeping bag w/stuff sack. Ideal bag is one with a nylon/fiberfill or hollowfill filler: warm, lightweight, compactable, easily dried.
- \*\* shoes to get wet – teva or chaco type sandals or old tennis shoes.  
This is IMPORTANT—flip-flops do not work.
- \*\* shoes to wear around the camp site at night
- \*\* rain jacket and rain pants (if you have them)
- \*\* 3 - 4 t-shirts and underwear
- \*\* 2 pair of wool socks and 2 pair of cotton socks
- \*\* 1 wool sweater or fleece, preferably not a sweatshirt
- \*\* 1 long-sleeved light weight shirt
- \*\* 1 nylon windbreaker
- \*\* 1 pair of cotton pants—loose fitting
- \*\* 1 warm wool hat
- \*\* 1 or 2 pairs of shorts—quick drying
- \*\* swimsuit (modest in design)
- \*\* sunglasses ( important)
- \*\* 1 brimmed hat or visor
- \*\* 1 handkerchief or bandana
- \*\* small flashlight with extra batteries
- \*\* toiletries, small towel, toothbrush & paste
- \*\* insect repellent—Cutters or Muskoil (non-aerosol)
- \*\* sunscreen (20+) and lip balm
- \*\* tampons for women
- \*\* 1 small Bible
- \*\* one or two sets of clothing—left at camp with your luggage

### **Optional items:**

- \*\* Camera
- \*\* journal and/or writing materials

**HEALTH FORM:** The State of Michigan does not require a completed physical examination signed by a doctor or registered nurse. However, each camper will need to present an up-to-date health history prepared and signed by a parent or guardian.

**MEDICATIONS:** All medications must be in original containers; this includes over-the-counter drugs as well.

**PLEASE DO NOT PACK ANY ELECTRONIC DEVICES, INCLUDING CELL PHONES.**