# Personal Gear List

## Wear in the Canoe
- Hat with brim
- Wicking T-Shirt
- Light Long Sleeve Shirt (bugs,sun)
- Wicking Underwear
- 1 Pair Shorts (nylon)
- Belt (nylon)
- Wool Socks
- Watershoes – (closed toe sandals)
- Bandanna
- Watch (optional)
- Eyeglasses w/ Sport Strap
- Grocery Bag for organizing clothes to wear on Day 1

## Extra Clothing
- 20L Dry Bag for packing clothing
- Long Pants (nylon blend)
- Fleece Jacket
- Knit Cap
- 1 Wicking T-Shirt
- 1 Wicking Undershorts
- 1 Bandana (also use for first aid)
- 2-Good Pairs Wool Blend Socks
- Camp Shoes (pair of old sneakers)

## Fanny Pack/Day Pack
- (1/person for essentials)
- Sunglasses w/ Sport Strap
- Small Note Book w/ pencil*
- Medication* (give to leader)
- Sunblock #30 or #45
- 1/2 roll Toilet Paper*
- Water bottle-1 quart (nalgene)
- Rain Jacket (NO PONCHOS)
- Drinking Cup (12-ounce size)
- Spoon and Bowl
- Pocket Knife
- Matches/Lighter*
- Chapstick
- Whistle
- Bug repellent
- Head Net (optional)
- Small map*
- Camera (waterproof)*
- Extra battery for camera*
- Headlamp (waterproof)
- …with extra Batteries
- 10’ piece of paracord
  * Protect these items from wetness with a sturdy zip-lock bag or other water-tight container.

## Wash Kit
- (Share with buddy)
- Small bottle Camp Suds- (biodegrades)
- Tooth Paste (sample size)
- Desenex Powder
- Hand Cream (sample size)
- Comb or brush
- Small Pack Towel-microfiber sports towel or “Sham-Wow”

## Miscellaneous
- Swim Trunks
- 2 heavy duty 30-gal plastic bags

## Travel / Night Before
- (leave in car)
- Gym Bag for gear
- Uniform (wear on Saturday)
- Clothes for ride home
- After-trek towel, shaving kit & toiletries
- $40 cash for souvenirs, meals
- Sharpie permanent marker

## Sleeping
- Sleeping Bag (Hollofil dries well) (Warm to 35 Degrees Fahrenheit)
- Nylon Stuff Sack or Dry Bag - 10” x 18” for sleeping bag- Compression Sack is best
- Sleeping Pad (super thin & compact)

## DO NOT BRING
- Aerosol Cans (danger of puncture)
- Ponchos (dangerous in water)
- Illegal Drugs / Alcohol
- Fireworks
- Firearms or Weapons

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**YOUR CREW SHOULD BRING:**
First Aid Kit, 2 compasses, 1 pair leather gloves, 200 feet of Nylon Parachute Cord, Extra Zip-lock Bags, duct tape, 6 x Extra heavy duty 39 gal plastic bags, & stick lighter.

**BIRCHBARK EXPEDITIONS PROVIDES THE FOLLOWING:**