

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.

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)

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

DO NOT BRING

- Aerosol Cans (danger of puncture)
- Ponchos (dangerous in water)
- Illegal Drugs / Alcohol
- Fireworks
- Firearms or Weapons

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:

Canoe packs for personal gear, Tents, Dining Fly, Stoves, Fuel, Fuel Bottles, Saw, Food packs, Cook Kits, Chef Kits, Water Purification System, Canoes, Paddles, Lifejackets, and Bailers.