



Expect Rain – when you're hiking/paddling/cycling and in camp ... BE PREPARED to stay dry !!!!!

You Must

- ✓ Be comfortable in your paddling clothes
- ✓ Pack days before you are to leave and throw out the unnecessary
- ✓ Everything that must stay dry **MUST** be BAGGED
- ✓ Check items off the list as they go in
- ✓ Know how to fill and operate your stove
- ✓ Know how to set up your tent properly
- ✓ Plan each meal AND know how to prepare it
- ✓ Paddling - remember the size of the HATCH!

Remember:

- take only what you'll use everyday plus emergency supplies
- consider the weight and **size** of each item
- repackage to save weight
- **warm, dry** and **fed** are the basics

Kayaking			
<input type="checkbox"/> A complete change of clothes in a waterproof bag <input type="checkbox"/> Paddling gloves <input type="checkbox"/> towel	<input type="checkbox"/> Bathing suit <input type="checkbox"/> Waterproof bag for cockpit gear	<input type="checkbox"/> Wide brim hat <input type="checkbox"/> Old runners or water shoes for wading	
Shelter	Sleep	Cooking	Personal
<input type="checkbox"/> Tent <input type="checkbox"/> Full cover fly – seem sealed <input type="checkbox"/> Ground sheet <input type="checkbox"/> Pegs & ropes as required <input type="checkbox"/> Tarp (optional)	<input type="checkbox"/> Sleeping bag w/hood <input type="checkbox"/> Sleeping pad <input type="checkbox"/> Sleep wear (warm) <input type="checkbox"/> Pillow (optional)	<input type="checkbox"/> Stove <input type="checkbox"/> Fuel <input type="checkbox"/> Pot(s) w/lid(s) <input type="checkbox"/> Knife/fork/spoon/plate/cup <input type="checkbox"/> Lighter/matches	<input type="checkbox"/> T.P. <input type="checkbox"/> Toiletries <input type="checkbox"/> Medications <input type="checkbox"/> Camera <input type="checkbox"/> Sunblock <input type="checkbox"/> Insect juice <input type="checkbox"/> Chapstick <input type="checkbox"/> Book/cards/etc...
Equipment	Food (per day)	Clothing	
<input type="checkbox"/> Water bottle <input type="checkbox"/> Flashlight w/batteries <input type="checkbox"/> Sunglasses <input type="checkbox"/> Backpack (60-80L) <input type="checkbox"/> Lg. Garbage bag (x2) <input type="checkbox"/> Light cord (15 m) <input type="checkbox"/> Whistle	<input type="checkbox"/> Breakfast <input type="checkbox"/> Trail snacks <input type="checkbox"/> Drink crystals <input type="checkbox"/> Warm drinks <input type="checkbox"/> Trail lunch <input type="checkbox"/> Dinner (quick/easy/good) <input type="checkbox"/> Late night snacks	<input type="checkbox"/> Shorts <input type="checkbox"/> Polypro T-shirt <input type="checkbox"/> Socks (x2) <input type="checkbox"/> Underwear (x2) <input type="checkbox"/> Hat w/brim <input type="checkbox"/> Camp shoes <input type="checkbox"/> T-shirt (in camp)	<input type="checkbox"/> Fleece <input type="checkbox"/> Windproof jacket <input type="checkbox"/> Rain Jacket & Pants <input type="checkbox"/> Good comfortable hiking boots <input type="checkbox"/> Gaiters <input type="checkbox"/> Long Pants <input type="checkbox"/> Toque

KAYAKING EQUIPMENT LIST

OUTDOOR ED 11/12

Menu: (In brackets is where you are going to have your meal, i.e. "on the beach", "at camp", "on the trail")

Day 1		Day 2	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 3		Day 4	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Day 5		Day 6	
Breakfast (_____)		Breakfast (_____)	
Lunch (_____)		Lunch (_____)	
Dinner (_____)		Dinner (_____)	

Condiments/Snacks