

Lake Superior Coastal Canoeing

Dry pack- medium sized

Small/Medium Mesh bag – (for wet clothes and shoes, so they'll dry out!)

Boots or Sneakers for hiking around

Good Sandals/ Water shoes or water socks. Flip Flops are a bad idea!

Clothes

1 or 2 pair zip off pants or nylon type pants (jeans are too heavy when wet!)

1 or 2 pair shorts (light, quick drying)

1 bathing suit or trunks

3-4 t-shirts

3-4 pair socks-- wool or wool blends are good

underwear

rain jacket

fleece long sleeve or wool sweater

long sleeve shirt/sweat shirt

bandanna & hat

sunglasses (so you don't go blind!)

change of clothes

(for van rides)



good water bottle - your name on it in permanent marker (strong, like Nalgene)

camp plate/cup/bowl, silverware - items for your use (compact)

toothbrush, deodorant, medications, and other personal items

sunscreen (strong SPF, we don't want you to turn into bacon!)

insect repellent (strong stuff!)

liquid camp soap (biodegradable)

toothpaste/ toothbrush (biodegradable, just the paste!)

towel- a camping towel or small towel

sleeping bag/stuff sack- (preferably one that can be stuffed as small as possible!)

flashlight (consider one you can wear on your head)

optional items-

personal life jacket/pfd

compass

sleeping pad

small pillow (or just sleep on your sweatshirt/fleece)

camera

small diary

cards/ a paper back book/sketch pad

No No's Because this adventure is in a wilderness setting and because we want it to feel that way, we'll try to have as little electronics as possible. As much as you'll miss your ipod, cell phones, PSP, watches (yes watches!), or anything else your currently plugged into, you'll have a lot more fun with out it. We promise! So leave it all at home and try something new. Make your own music, play your own games, talked to people with out cell phone service. Spend the weeks Un-Plugged!

Also, please leave fireworks, weapons (besides a small pocket knife), pets at home.

Procession and or use of Tobacco/Drugs/Alcohol/Weapons will result in parent contact and campers involved will be sent home from adventure