



Packing List: Canoeing

Quantity	Item	Comments	✓
2	Water Bottle	You should have ~2 liters of capacity.	
1	Dry Shoes	Make sure they're comfy enough for short hikes and hanging out in camp.	
1	Wet Shoes	For wearing in the boat. These could be close-toed water shoes or sturdy sandals (Tevas, Chacos, Keens, etc.).	
3	Socks	Thick wool socks are best.	
1	Backpack, duffel or dry bag	Whatever fits your stuff- We'll waterproof them with a plastic bag before the trip begins.	
1	Daypack	For short day hikes and easy access when you're in the boat.	
3-4	Synthetic T-shirt	Please avoid cotton.	
1	Synthetic mid-layer	I.e. a synthetic fleece or wool flannel. Please avoid cotton.	
1	Warm Jacket	I.e. a "puffy"- It seems like overkill, but it can get pretty chilly at night, especially on an island and especially early in the summer.	
1	Rain Jacket		
1	Pants	Please avoid cotton.	
1	Shorts	Please avoid cotton.	
1	Sswimsuit		
1	Sleeping bag	Synthetic is bulkier but cheaper and better when wet. Down is lighter but useless when wet. We have sleeping bags available for rent.	
1	Sleeping pad	We're strong proponents of a good ol' fashioned foam pad. We have sleeping pads available for rent.	
1	Bowl		
1	Spoon		
Optional	Extra snacks	We will provide plenty of food! This is purely optional.	
1	Hat	Super important on the river!	
1	Sunglasses	Super important on the river!	



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lots!	Sunscreen	Super important on the river!	
1	Hand sanitizer		
Double!	Personal medication	Please bring medications in its original container. This is required by law. Please have double the amount necessary for the trip in case one first-aid kit is lost.	
1	Epipens	We keep one in each first aid kit, but if your participant normally carries one please bring it!	
	Hygiene kit	Toothbrush, toothpaste, feminine hygiene products, etc.	
1	Headlamp/flashlight		
	Extra batteries		
Optional	Fun stuff!	A frisbee, cards, a journal, etc.	

A Few Other Notes

- We will provide tents, food, cooking supplies, first aid kits, and fire building equipment. If you think of something not on this list feel free to **ask us about it!**
- We said it several times on this list, but **please avoid cotton!** When it gets wet, cotton makes you cold really fast which can be a big problem if the weather turns wet or cool. Synthetic materials (i.e. athletic clothes, polypro, etc.) are the way to go.
- A note on quantity: Since we can carry everything in a canoe, there's a little more leeway than if this were backpacking trip. You probably still don't need a change of clothes for each day, but you can pack a little bit more liberally.
- If for any reason you're struggling to find any equipment, **get in touch!** We can probably help you out.
- Please do not bring weapons, fireworks, drugs, alcohol, or other illegal or potentially disruptive items on your trip. It is in your best interest to bring less, not more, on trips. If you have questions about whether or not an item is appropriate, just ask!
- Please read our [electronics policy](#) before packing any electronic devices.
- If you have any questions feel free to email charlie@crystalaireadventures.com or call (414) 588-9921.