

Jo Ann's Personal Gear List
With additions from A.J.

Clothing:

- Extra socks, wool are warm even when wet or quick-dry wool/nylon blends
- Extra underwear – polypropylene are the best given they are warm when wet, easy to wash and quick-dry.
- Two pair of pants, zip off to make into shorts of quick dry material such as nylon – avoid 100% cotton pants like jeans, even 50-50 cotton-poly work pants are better
- Shorts
- Shirts, t-shirts – consider polyester, nylon and polypropylene materials
- Sweatshirt, sweater or fleece jacket – light fleece pull over, hood optional
- Warm jacket – heavier fleece jacket with nylon exterior or lining for wind protection helps – hood again an option
- One pair paddling gloves, cycling gloves work well or neoprene paddling gloves
- Hat, cap – full-wide brim for sunny days and peaked for rainy days
- Toque to sleep in – fleece with wind protection for cold paddling days
- Warm gloves – fleece
- Rain gear, pants and jacket, no ponchos – be sure they are water-proof
- Wet footwear - Sandals and hikers, things that are okay to get wet! – pay the money for rubber sandals and avoid Velcro closures, they don't last when wet. Also consider some neoprene socks for spring paddles.
- Dry footwear - Hikers, boots or runners for dry feet around the camp and hiking
- Bathing suit – required for co-ed trips only!
- Sports bra
- PJs – polypro long underwear and long-sleeve top works good and also can be used on those cold days.

Bedding:

- Sleeping bag – can use a light bag and a fleece liner, and fleece pillow bag
- Thermarest
- Tent – with a ground sheet and full fly that did not leak when you used the hose on it in the back yard! If it leaks get some seam seal and stop the leak.

Misc.:

- Sunscreen
- Bug repellent – bug jacket is also a good option for spring river trips
- Sunglasses – if you are buying be sure and get polarized – you can see the rocks and fish when there is glare!
- Toiletries and towel (biodegradable soaps) – fleece towels are available.
- Toilet paper in plastic bag
- Personal dishes (plate, bowl, thermal mug, knife, fork + spoon) in a ditty bag
- Flashlight – headlamps are a great investment for the camper.
- Pocketknife – or folding belt knife if you are a nerd who wears a belt. Leatherman (multi-tool) are also very handy if there is at least one along on the trip.

- Water bottle – large mouth nalgene bottles fit on filter nicely
- Camera – and film in a water-proof case or bag.
- Compact binoculars if you are a bird watcher – good to have one set along
- Canoe with 10 m floating painters bow and stern
- Throw bag
- Bailing scoop and sponge
- Duct tape for all kinds of repairs
- Paddle – and one spare for each canoe.
- PFD – with whistle attached – if you have never swam in your pfd, in the pool at home is the time to check it out, not in a set of rapids.
- Knee pads for paddling in rapids and windy lakes.
- A helmet if you are planning on tackling challenging whitewater.
- Small water-proof daypack, to keep everything handy that you might need while paddling.
- Lounge lizard chair, bed sheet, pillow case, bandana, massage cream (sounds like fun!)
- Personal pack - Everything should be packed in either a large knapsack (lined with garbage bags to keep everything dry - bring extra bags as they rip easily), a dry bag or water-proof pack barrel. Pack things separately in bags i.e. sleeping bag within the main pack.
- Fishing rod and tackle – collapsible or telescopic rod works best
- 12 to 20 feet of nylon cord for a cloths line
- carry some water-proof matches or a Bic lighter
- Note book and pencil to keep a diary – you will want this next winter!
- Maps and compass and GPS if you know how to use it!
- Deck of cards for the “wind bound” day
- Clean clothes left in the vehicle for the trip home.

Finally:

- Leave your watch in the car, and
- Pack a positive attitude!