

Trip Packing List:

Please ensure that your child brings **exactly** the following items:

Clothing worn on day of trip:

Underwear
Socks
Shorts
T-shirt
Hat
Running shoes or hiking boots

Additional clothing and other items to be packed for trip:

4 pairs of socks	1 light jacket	Sleeping bag
3 pairs of underwear	1 bathing suit	Toothbrush, toothpaste
2 T-shirts	1 small towel	Small flashlight or headlamp
1 pair of pants	1 sport sandals / tevas	Extra batteries
1 fleece / sweater	1 rain jacket (and pants)	\$25 in ziplock bag with name label
		3 plastic bags for wet clothes
		Labelled medications

****** PLEASE READ NEXT 2 PAGES ******

All clothing will get quite dirty, and at times the campers will be walking through water and mud while wearing their socks and shoes. We trip rain or shine, and it is therefore imperative that rain gear be waterproof in a downpour.

- We supply a compact sleeping bag, thermorest mattress, life jacket, and canoe paddle.
- We bring sunscreen, bug repellent, hand soap and fishing gear for everyone to share.
- Shampoo, deodorant, mouth wash, and hair brushes are not brought on trips.
- Pocket knives, watches, and sunglasses are discouraged, as they get broken or lost.
- We give each camper the digital photographs taken on trip, but if your child would like to bring his own camera, we strongly recommend a waterproof camera.

All of your child's belongings will be transferred into a waterproof "dry bag" which we supply. The dry bags are then packed into larger canoe packs, and can become quite heavy when stuffed with unnecessary items. Please ensure that all gear is as compact as possible, such as mini flashlight, travel size toothpaste, small towel, light jacket, etc, and please do not send more clothing than what is listed above.

We bring a well-stocked first aid kit on our trips, but if your child may need a specific medication during the trip (eg. for asthma, allergy, bedwetting), then please send it along. If your child wets the bed, then pack an extra pair of underwear and an extra plastic bag. Some campers have used GoodNites Underwear (pull-ups) with success.

We stop for lunch at a fast-food restaurant on route to the park and on return to home. Electronic games or music players can be brought for the car ride, but car break-ins occasionally occur in the park, and we recommend that you leave these items at home.

****** PLEASE READ ******

Detailed notes:

Rain gear: Please ensure that your child's rain gear is completely waterproof. We cannot stress this enough, as we will be canoeing all day long even if it is pouring rain for hours. "Water resistant" jackets and "rain ponchos" are inadequate protection against the rain, and your child will become wet and cold and unhappy during periods of persistent wet weather. If you need to purchase a rain coat, a good option is the Canadian Tire Wetskins brand. Avoid purchasing the blue vinyl rain coats as they tear easily. Rain pants are suggested but not as mandatory. Please do not send your child on trip without proper rain gear.

Shoes: We wear either hiking boots or running shoes during the day to provide proper foot protection and ankle support while walking along the portage trails and rocky creeks. These shoes will become wet and muddy, and will stay wet for the entire trip.

Sandals: Upon arrival at our campsite, we change into dry socks and sport sandals or tevas. The next morning, we repack the dry socks and sandals into the dry bags, and put back on the wet socks and shoes from the day before. The sandals must have an ankle strap, rather than "flip-flops" or "water shoes" or "crocs". Do not send an extra pair of running shoes in place of sandals, as sandals dry quicker and pack better.

Socks: Good socks help prevent blisters from portages, and protect against mosquitos at night. Avoid low-cut ankle socks, and instead send socks that rise above the shoe.

Underwear: Any kind of underwear is fine.

T-shirts: Send short sleeve T-shirts as apposed to sleeveless shirts so as to minimize the chance of sunburns on sunny days and to avoid rubbing and irritation when carrying packs. Light colours are better in order to reflect the sun and also because mosquitoes and black flies are attracted to dark colours.

Sweater: Some evenings can be cool and your child should pack one warm sweater. A fleece sweater will keep your child warm even when damp, and will dry faster than cotton.

Light jacket: A jacket worn ovetop a sweater will help protect from moisture or wind. Please make sure the jacket is light and compact.

Pants: We change into long pants at night when the temperature drops and the mosquitoes come out. We strongly discourage jeans, as well as thick cargo pants, as they are bulky, heavy, and slow to dry should they get wet. Please do not send jeans.

Shorts: We wear shorts during the day even if it is raining, as we do not want our only pair of long pants to get wet. Any kind of shorts are fine, except jeans/denim shorts as they dry slowly. It is preferable to have shorts with a zipper and button (cargo shorts), rather than an elastic waist or draw string (basketball shorts), in order to keep them from falling down when carrying packs on the portages. Thinner shorts dry faster.

Bathing suit: A separate bathing suit is brought for swimming at the campsites.

Towel: A small light towel or even a large tea towel is good. Do not send a large heavy beach towel, as they take up too much space in the packs and are slow to dry. You could purchase a lightweight microfiber quick-dry towel from a camping store, but they are expensive and not necessary.

Plastic bags: Include 3 small plastic bags, such as plastic disposable grocery bags, in order to separate wet clothing, bathing suit, and dirty sandals from all the dry clothes.

Hat: A hat is helpful on hot sunny days, and also on wet rainy days. Most campers bring an old baseball cap that they don't mind getting dirty and beaten up on trip.

Flashlight: A mini flashlight is ideal (one which would use either AA or AAA batteries), or even better would be a camping head lamp. Big flashlights take up too much space, and are more likely to get broken. Send one extra set of batteries.

Toothbrush / toothpaste: In order to minimize weight, please send a travel-sized tube of toothpaste, or a tube of toothpaste that is almost empty. The toothpaste must have a screw cap, as those with a pop-up cap can leak. Place the toothbrush and toothpaste into a small ziplock bag. Do not send battery operated toothbrushes or mouth wash.

Sleeping bag: We can supply a sleeping bag. If you wish to send your own sleeping bag, it must be compact enough so as to occupy very little space in your child's dry bag. We will provide a thermarest mattress pad.

Life jacket: We can supply a life jacket, but if you own a life jacket and wish to send it on trip, please note that it will get dirty.

Camera: We bring digital cameras on trip, and provide all campers with copies of the pictures free of charge. However, if your child would like to bring his own camera, we strongly recommend a waterproof camera. If not truly waterproof, then it is better that you do not send any camera at all. Please label the camera with your child's name.

Pocket knife: Some campers like to bring a pocket knife on trip, but we discourage their use due to the potential for injury, if not by your child then by another child borrowing your child's knife. A deep cut that needs stitches can be a big problem on a canoe trip.

Lunch money: We stop for lunch at Webber's (and the candy store next door) on the way up to the park, and at McDonald's on the way back home. We suggest \$20-25 to cover both lunches (and candy), and ask that you put the money in a small ziplock bag with your child's name on the bag. Do not send a wallet.

Medications: Send any medications that your child may require on trip, and be sure to notify the staff about their indications for use. If your child is prone to environmental allergies or tends to react significantly to mosquito bites, then please send a 5-day supply of a non-sedating allergy medication such as Reactine, Claritin, or Allegra. If your child carries an Epi-Pen, please send it along, but be sure to discuss with the trip staff well in advance of the trip the reason for why your child has an Epi-Pen.