



Canoe Trip Packing List

How to pack for a successful trip

Trips up to 7 days

You will be expected to fit your personal gear (water bottle excluded)--including your compact sleeping bag--within a 30 L (litre) volume. You will either share a 60 L barrel pack with another tripper, or you will use a 30 L dry bag. Barrels and dry bags are provided. Tents will be packed separately. If you desire, you may bring a day pack (up to 10 L volume) for your rain gear, water bottle etc.

We recommend the following priorities when investing in tripping gear:

1. Nylon compression sack. This is useful for reducing the size of your sleeping bag and clothing. If you are just organizing your gear you may bring stuff sacks.
2. Good quality "necessities" – see list below. Second hand clothing stores may be good places to find quality non-cotton clothing.
3. Day pack – maximum size of 10 L. Do not exceed 10 L.

Handy tip: A 30 L space is equivalent to a cube measuring 31 cm x 31 cm x 31 cm; a 10 L space is equivalent to a cube measuring 21 cm x 21 cm x 21 cm.

Trips more than 7 days

Trips that exceed 7 days will require additional space. The basic list remains the same; however, you may need more of a few items and some of the luxury items become "necessities". A separate packing list may be provided for these trips.

QUESTIONS? Please email our Out There Team Leader at activities@iawah.com - to receive recommendations and answers to any questions you may have.

Necessities

These are must-have items for your trip. For items described as "non-cotton": the goal is to have a fabric that dries quickly and wicks moisture away from the body. Examples include 100% polyester, polypropylene, polyester blends, silk or nylon blends (not 100% nylon).

- 1 outfit that can get wet:
 - Bathing suit. (*Note to girls: two-pieces bathing suits work best. ie. Tankini*)
 - 1 non-cotton/quick-drying top
 - 1 lightweight long sleeve cotton blend or silk shirt collared
 - 1 non-cotton/quick-drying pair of pants or shorts
 - 1 non-cotton pair of socks *We find that wool socks are great.*
- Rain jacket, preferably with a hood
- Sun hat *One with a brim all the way around is best.*
- Closed-toe shoes (*NOT water-shoes*) for swimming through rapids. Old running shoes work well.
- Pillowcase (plan to stuff your clothes into it to make your "pillow" each night)
- 1 outfit that will stay dry:
 - Long pants
 - Shirt
 - Sweater (non-cotton/quick drying preferable, fleece works great)
 - Underwear
 - Warm socks (wool is great)
 - Close toed shoes/sandals (not flip-flops, must have back strap in place)
 - Toque and light weight mini gloves
- Sunscreen
- Water bottle (reusable 1 litre minimum)
- Toothbrush and toothpaste (travel size)
- Sleeping bag (compact)
- Flashlight (compact – "AA" or "AAA" or headlamp)

Luxuries

These are items you may pack if you still have room after your necessities.

- Towel (half size)
- Self-inflating sleeping pad (3/4 length)
- Extra socks
- A secondary clean outfit/ warm pajamas
- Hairbrush
- Bible, notebook and pen
- Bug repellent
- Deck of cards or old fashioned compact game

What NOT to bring

- Pillow (see "pillowcase" on Necessities list)
- Flip flops
- Radios/walkie-talkies
- iPods, MP3 players, cell phones, electronic games etc.
- Snacks (unless medically necessary)
- Personal first aid kit – *your trip leaders are trained to deal with first aid and carry a comprehensive wilderness first aid kit*

A Note about Cotton Fabrics

Wet cotton sucks the heat out of your body, and stays wet longer than most other fabrics. When you are on a canoe trip, you will get wet very fast without warning, so pack non-cotton clothes, to dry fast and stay warm!

Menstruation and Tripping

Bring pads and tampons even if you are not expecting your period, as it could come unexpectedly on your trip. As low-impact campers, we pack out all our garbage, and this includes tampons and pads. Your female trip leaders will explain how this works, and show you how to deal with it to avoid smells or messes. They will support you with good advice.