

IAWAH - CREW & ILT Canoe Trip Packing List

Necessities

These are must-have items for your trip.

- 1 outfit that can get wet:
 - Bathing suit (*Note to girls: two-pieces work best, as you will be wearing it as underwear*)
 - 1 **non-cotton** top
 - 1 **non-cotton** pair of shorts or pants
 - 1 **non-cotton** pair of socks (*wool socks are great*)
 - Rain jacket
 - Sun hat
 - Close toed shoes (*NOT water-shoes*) for swimming through rapids. Old running shoes are the best.

- 1 outfit that will stay dry:
 - Long pants
 - Shirt
 - Sweater (*non-cotton preferable, fleece works great*)
 - Underwear
 - Warm socks (*wool is great*)
 - Close toed shoes (*not flip-flops*)
 - Toque

- Other gear:
 - Sunscreen
 - Bug spray (*if you must*)
 - Water bottle
 - Toothbrush and toothpaste
 - Sleeping bag
 - Flashlight

Luxuries

*These are items you may try to pack them for your trip if you still have room **after** your necessities.*

- Towel
- Sleeping pad/Thermarest
- Extra socks
- A secondary clean outfit
- Hairbrush
- Bible, notebook and pen

What NOT to bring

- Flip flops
- radios/walkie-talkies
- iPods, MP3 players, cell phones, etc.

Notes

Cotton:

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 please pack non-cotton clothes (this means 0% cotton), to dry fast and stay warm!

For girls only:

Living closely with other girls will often cause your period to synchronize with theirs. 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 have to pack out all our garbage, and this includes tampons and pads. Your trip leaders will explain how this works, and show you how to package them to avoid any smells or messes. Don't be afraid of getting your period on trip. Your female leaders are all experts on this, and will give you plenty of advice.