

Birchwood Camp Junior Adventure Canoe Camp Gear List

CAMPER: _____

PERSONAL GEAR

(Provided by Participant /Required)

- ___ XtraTufs/Muck boots/ waterproof boots
- ___ Camp/portage shoes (sandals that strap on, e.g. Tevas, Keens, or Chacos—NO TENNIS SHOES)
- ___ Sleeping bag (waterproof or synthetic fill) rated at 30-50 degrees
- ___ Closed-Cell Sleeping pad (non-inflatable works best as it adds structure to the dry bag)
- ___ Mug, bowl, spoon/fork or spork
- ___ Pocketknife or Leatherman
- ___ Whistle
- ___ Compass
- ___ Lighter or waterproof matches
- ___ (1) Plastic 1-quart wide-mouth water bottle (Nalgene or similar)
- ___ Glasses retention device (Croakies or similar, if needed)
- ___ Pen or pencil

PERSONAL CLOTHING

(Provided by Participant, Required)

- ___ (2 pairs) socks, *wool* or *synthetic*
- ___ (1 pairs) underwear, *wool* or *synthetic*
- ___ (1) Long underwear bottoms, *wool* or *synthetic*
- ___ (1) Short sleeve T-shirt, *wool* or *synthetic*
- ___ (1) Long sleeve T-shirt, *wool* or *synthetic*
- ___ (1) Long underwear shirt, *wool* or *synthetic*
- ___ (1) Pair Shorts & (1) Pair Pants, *both synthetic* (one worn, the other packed)
- ___ Lightweight Sweater, *Polar fleece* or *wool* (If weather gets cold, the sweater plus the rain coat will provide ample warmth)
- ___ Waterproof raincoat
- ___ Waterproof rain pants
- ___ Light gloves, *wool* or *synthetic*
- ___ Warm hat

- ___ Baseball hat (optional)
- ___ A change of clothes in a small bag for the ride home

PERSONAL TOILETRIES:

- ___ Bandana, cotton
- ___ Ultra absorbent backpacking towel (MSR, REI Brand, etc), *synthetic*
- ___ Comb (If you need to brush your hair)
- ___ Toothbrush & paste, *travel size*
- ___ Personal medicines (MUST be given to trip nurse)
- ___ Deodorant, *travel size*

WOMEN ONLY: --NO MAKE-UP--

- ___ Tampons or Menstrual pads
- ___ (2) Sports Bras, *synthetic*

OPTIONAL PERSONAL GEAR

- ___ Lip balm
- ___ sun screen (*travel size*)
- ___ sunglasses
- ___ small flashlight or headlamp
- ___ camera
- ___ fishing gear (poles must be collapsible).

BE CONSCIOUS OF YOUR GEAR WEIGHT!

Our trip leaders will inspect ALL your gear and possibly ask you or your parents to acquire appropriate gear before you leave on this trip. Bring only what is listed; if you are having trouble finding an item, feel free to contact Stephen 706-506-2763.