



AURORA Canoe Trip Packing List

Divide clothes into three groups – dry, wet and traveling home.

Dry clothes are for nighttime and around the campfire while Wet clothes are for paddling. Having a change of clothing, which is always kept dry, ensures both hygiene and comfort.

When packing for camp, think in terms of layering clothing – change in weather simply means removing or adding a layer of clothing.

Personal Equipment list

- O Sleeping bag and stuff sack lined with a garbage bag to keep it dry
- O Ensolite pad or Thermarest - used as a buffer layer between body and ground
- O Rain jacket and pants (make sure this is waterproof NOT water resistant)
- O 1 Cup - Thermal mugs are good
- O 1-litre capacity water bottle – good for long portages

Wet Clothes (for the day) - These will get VERY dirty and worn

- O 1 – 2 pairs of nylon or cotton shorts
- O 1 – 2 T-shirts
- O 1 pair pants (No jeans or heavy materials): for sun and bug protection and will be worn for portaging
- O 1 pair long johns: polypropylene or wool is best for warmth when wet
- O 1 long sleeved under shirt; preferably polypropylene (no cotton)
- O 1 long sleeved flannel or cotton shirt: for sun and bug protection
- O 1 Bathing suit
- O Warm fleece jacket or wool sweater – do not use cotton
- O Toque and mitts (for cold windy rainy days)
- O Hat – baseball cap or wide-brimmed to keep noses and ears from burning
- O Underwear
- O 2 pairs of wool socks (cotton draws heat away from cold feet when wet)
- O 1 pair of hi-top sneakers or hiking boots; these will get wet and must have plenty of ankle support for portaging and walking on wet slippery rocks (an old pair of good quality runners works well)

Dry Clothes (for evening)

- O 1 pair of pants: army pants or nylon pants are good (mosquitos cannot bite through)
- O 1 T-shirt
- O 1 long sleeved shirt
- O 1 set long underwear (to use as pajamas)

- O 1 warm sweater
- O 2 pairs wool socks
- O Underwear
- O 1 pair dry shoes – light cotton runners, or sturdy sandals like “Tevas” or “Chacos”

Traveling Clothes (prepare for either warm or cold weather)

- O 1 pair shorts
- O 1 T-shirt
- O 1 pair of pants
- O 1 sweater
- O Underwear
- O Socks

Toiletries (On Trail)

- O Toothbrush
- O Hairbrush
- O Lip balm with sunscreen
- O Sunscreen, travel size (with at least 30 SPF) - reflection from water and canoes makes the summer sun very intense. Bring lots of sunscreen as you need to lather up your ENTIRE body at least twice a day;

Toiletries (At Camp)

- O Shampoo, travel size (biodegradable and environmentally friendly)
- O Soap
- O Deodorant
- O Small quick-drying Towel (car chamois works well)

Optional

- O Sunglasses
- O flashlight or headlamp
- O waterproof container for phone/camera
- O bum pack to carry small personal stuff
- O journal and pen
- O Book
- O crafts (embroidery, thread, seed beads)
- O Mosquito repellent - non-aerosol, consider citrus based repellents since DEET products (i.e. Muskol) are quite strong (they melt plastic) or a bug shirt/hat.

Other:

- O _____
- O _____
- O _____