

Canoeing Out-Trip PACKING LIST

Appropriate equipment on an Out-Trip is a safety must.

A Note on Cotton: Cotton clothing increases the risk to camper's well-being during their Out-Trip. Nylon, polyester or polypropylene clothing will help protect campers & dries quickly, particularly when canoeing.

Additional Gear for Canoeing Out-Trips:

- 40+ Litre durable drybag** (heavier material is better)
- 10-30 Litre durable dry bag** (heavier material is better)
- Additional 6 large heavy duty garbage bags**, used for waterproofing
- Knee pads**
- Old runners or teva-style strap on sandals** (no crocs or flip flops) for water use (shoes must be worn on river trips for safety)
- Fleece or wool jacket (x2)** (cotton takes a long time to dry – better to have fleece, wool or synthetic material that dries quickly)
- Wool or synthetic long underwear** (shirt & pants) **x2**
- Wool or synthetic socks (2 or 3 pairs)** (wool provides warmth even when wet)
- 1 Long Sleeved wool or synthetic shirt**
- 1 pair Long Pants** - nylon or similar
- 1 pair Shorts**
- Sun Hat**
- Sunglasses** (polarized is best for protecting eyes from glare from water)
- Neoprene socks keep feet warm** (not required/optional)
- Waterproof gloves or neoprene gloves** (not required/optional)

*Much of this can be borrowed from people or some items even rented, so don't feel you have to go out and buy all of it. Rentals are available from The Outdoor Program Center at U of C (403-220-5038) or at Mountain Equipment Company in Calgary (403-269-2420) and Edmonton (780-488-6614). If you do decide to buy, we recommend Mountain Equipment Company.

