

DOE Three Days kayak trip

Personal packing list:

- hiking or running shoes
- waterproof shoes – water shoes or Keens or something you can wear in the kayak
- optional – lightweight shoes to wear around camp
- 3 pr socks
- long underwear
- 2 pr lightweight pants (not jeans, ideally quick drying)
- fleece or other warm jacket
- rain jacket
- 3 short sleeve shirts
- long sleeve shirt or sweatshirt
- sun hat
- toque
- 3 pr underwear
- bathing suit
- lightweight towel
- waterproof/biking gloves (optional)
- lightweight backpack/day bag (can share)
- Toilet paper (in ziplock bag), hand sanitizer (optional)
- dry bags (about 25 litres each)
- sleeping bag
- sleeping mat/air mattress
- headlamp or flashlight
- bowl/cup/fork/spoon
- pocket knife (optional)
- hand sanitizer (can share)
- 2 water bottles
- sunscreen (can share)
- insect repellent (can share)
- sunglasses
- camera (optional)
- whistle (optional)
- toothbrush
- toothpaste
- face towel/soap
- money (optional)

(To leave at kayak place)

- Duffel bag
- Waterproof bag/garbage bag for wet gear
- Lunch for Tuesday (everyone bring their own)

Group gear:

- Tent/fly/poles
- Tarps
- Stoves/ 3 cans fuel
- Pots
- Cooking utensils (spoon, spatula etc)
- Matches/lighter
- Ropes/carabiner
- Maps
- Ziplock bags
- First aid kit
- Water bags
- Compasses
- Garbage bags

Meals:

- Dinner for Tuesday
- Breakfast for Wednesday
- Lunch for Wednesday
- Dinner for Wednesday
- Breakfast for Thursday (Carla to provide)
- Lunch for Thursday
- Snacks for three days