

Troop 325
Canoeing Personal Equipment List
9/25/95

Clothing (use the layered approach)

- good hiking shoes or boots, as water resistant as possible
- 2 pairs heavy boot socks, wool preferred
- 2 pairs light inner liner socks, polypropylene preferred
- 1 change underwear
- 2 pairs hiking shorts
- 1 pair long pants, may be combined with rainsuit pants
- 1 long sleeve shirt, wool preferred
- 1 sweater or sweatshirt, wool preferred
- 1 water resistant protective hat, not a baseball hat
- 2 T-shirts, substitute long sleeve turtle neck for 1 T-shirt depending on weather forecast
- 1 light weight windbreaker, may be combined with rainsuit
- 1 pair long john bottoms, depending on weather forecast
- 2 bandanas, 100% cotton preferred
- sleeping clothes (T-shirt, shorts, or long johns for cold weather)

Equipment (assume everything will get dumped into the river)

- sleeping bag in waterproof stuff sack
- foam bed roll or pad
- good quality poncho or rainsuit
- 1- 1 quart water bottle, wide mouth preferred
- mess kit (cup, bowl, spoon and optional knife)
- pocket knife
- compass
- mini-flashlight
- 25' to 50' small diameter rope
- 6-12 ziploc bags, quart & gallon sizes
- 6 heavy duty rubber bands
- 1 small face towel
- toiletries, all as small as you can get (soap, comb, toothpaste & brush)
- insect repellent, depending on season, a 2 oz. bottle
- toilet paper, not a whole roll

Pack smaller clothing and equipment items in ziploc freezer bags, by type. Pack these bags and larger clothing (sweater, shirt, pants, shorts) in a plastic trash bag. Fill the bag, sit on it to squeeze out the air, then twist the neck and fasten it in a goose-neck with a heavy duty rubber band. Pack these bags inside your pack, gym bag or duffle bag. Waterproof your sleeping bag the same way. We use the small diameter rope to tie things into the canoe.