

# Overnight Canoe Trip Gear List

The Outdoor Program will provide a waterproof/crushproof/bear-safe “tripping barrel” for your personal gear. This can be picked up prior to the day of departure. Tents, tarps, cooking gear, pots, pans, and food will be included in the trip cost. See trip leaders for more details. In addition, the O.P can provide sleeping bags and pads for participants. The following is your responsibility:

- Raingear (jacket and pants)
- Swimsuit (recommended)
- 1 pr. Synthetic long pants
- Hat-wool or fleece cap
- Synthetic/fleece jacket or sweater
- Brimmed hat (for sun/rain)
- Synthetic long underwear (top and bottom)
- 2-3 pr. wool/synthetic socks
- 1-2 cotton/synthetic t-shirts
- 1 long sleeve shirt
- 1 pr shorts
- Toiletries (toothbrush, paste, etc.)
- Underwear
- 2 quart-sized water bottle
- Sunblock
- Sleeping bag (20 degree rating)
- Sleeping pad
- Headlamp or flashlight
- Insect repellent
- Daypack
- Towel
- Lighter
- Multitool/knife
- Bowl/fork/spoon
- Gloves (leather, fleece, or neoprene)
- Dry footwear (sneakers, etc.)
- Wet footwear (teva's, sneakers)
- Sunglasses
- Eyeglass retainer (croakies)