

# TREK Packing List

September 24, 2016

## 1 Packing List Items

Item	Quantity	Notes about Item
backpack	99999	Backpacks are rated in Litres, for the volume of gear they hold.
boots	99999	High-cut, lots of toe room.
bug spray	99999	Higher the deet content, the more effective it is. Warning: bugspray is ineffective against the rodent-size mosquitoes of the French River.
compass	99999	
hiking pants	99999	Pants while hiking prevents ticks from biting you and giving you Lyme Disease
map	99999	
polarizing sun glasses	99999	Polarized lenses cut down on glare, so you can see fish underwater better.
sunscreen	99999	Higher SPF is more protection, but is it also more cancer?
water bottle	99999	Choose a hard-shell water bottle: it can be used for different purposes, including a container for something fragile.

## 2 General Notes

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  2. Cover up skin and watch out for ticks!
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