



ALIVE Outdoors Canoe Trip Packing List

When packing, keep in mind that all of your personal items must be compact. If you need help, your guide will help you pack all your gear in your dry bag.

☐ 1 duffel bag. Everything you bring should fit in this bag. The duffel is to simplify travel from your home to the base camp. It will not be going on the trip with you. We will provide a special canoe pack for you to pack your gear in at base camp. When in doubt about an item - pack it.

Whenever possible please try to bring clothing made from wool, synthetic fibers or polyester blends as opposed to cotton. Wool and synthetic fibers are more durable and keep you warmer when wet.

☐ 30-35 litre dry bag. This rubberized waterproof bag will hold ALL personal items on trip. Please avoid dry bags that have straps. Your dry bag will fit into a larger camp pack provided by the camp with 2 or 3 other students' dry bags. ***Please note: if you are having trouble packing all your gear into your dry bag, no need to worry. Simply bring all of your gear in your duffel bag to camp and your instructors will help you pack.***

- ☐ 1 durable water bottle, 1 liter capacity (screw-top is best, available at most outdoor stores)
- ☐ 4 pairs of underwear (more or less, you decide)
- ☐ 1 pair of long underwear (tops and bottoms, synthetic fiber or polyester blend, not cotton)
- ☐ 3 pairs of warm wool or synthetic socks (not cotton). *1 more for trips 4 days and longer*
- ☐ 1 pair of shorts (light weight & durable)
- ☐ 2 long sleeve shirts (synthetic fiber or polyester blend, try to avoid cotton if possible)
- ☐ 3 t-shirts (at least 1 non-cotton-polypro)
- ☐ 2 pairs of pants (proper fitting, lightweight and durable. Try to avoid jeans/cords (one pair is O.K. for traveling to and from camp but they cannot be worn on trip) Jeans are heavy and difficult to dry. Again, wool, synthetic fiber or a polyester blend is best.
- ☐ 1 whistle. ("Fox 40" pea-less type recommended as they work when wet)
- ☐ 1 **swimsuit** and 1 **hat** with brim to protect you from the sun.
- ☐ 1 wool or fleece winter hat (toque) & 1-2 sets of gloves or mitts.
- ☐ 1 cotton **bandana** and 1 small shammy towel if you have one. (Full sized towels are too big and do not dry.)
- ☐ 1 heavy wool sweater or fleece jacket (fleece is better as it dries faster)
- ☐ 1 set of rain gear (jacket and pants, no ponchos please, breathable fabrics like Gore-Tex)
- ☐ 1 pair of '**dry shoes**' (these shoes will be worn at the end of the day) Must be close-toed, not "Croc's or Birkenstocks."
- ☐ 1 pair '**wet shoes**' (these shoes will be worn throughout the day while on trip. They will be getting wet and possibly muddy. Please bring shoes that you don't mind getting wet and dirty, but ones that will also give you ample support while portaging—worn hiking boots/shoes or runners are ideal.)

Please note: Teva's, Keens or sandals of any kind are dangerous on trip, especially when portaging. They will not be accepted as suitable footwear for this trip.

- ☐ 1 pair UV rated sunglasses with case. (Beware, glasses could get damaged if not stored properly)
- ☐ Sun block (waterproof SPF 30 recommended) Bug repellent is optional, but typically not needed in the fall—only spring and summer trips really required bug spray!
- ☐ Toothbrush, small bottle of hand sanitizer and any personal medications.

Important - instructors must be aware of any medication brought on trip. All medication must also be listed on your medical form.

- ☐ 1 flashlight or headlamp with extra batteries. (Headlamp is ideal.)

- ❑ 1 compact **sleeping bag** (rated for 0°C or lower). Synthetic is better than full “down” on water based trips. No cotton bags, as they are not compact and will not dry. If you only have a down sleeping bag—that is OK!
- ❑ Compact Thermo-rest or foam sleeping pad. (To lay sleeping bag on top of in tent – provides extra comfort as well as an insulating layer from the ground—which is important.)
- ❑ Logbook/journal and 2-3 pens or pencils in a zip-lock bag.
- ❑ 1-2 large “ziplock” sealable plastic bag for waterproofing small items.
- ❑ 2 large garbage bags (to seal your personal belongings when you leave camp)

Optional Items

- ❑ Camera (not a cell-phone or iPod), a good book, cards, a small waist-pack to carry your personal items you may need during the day such as sunscreen, camera. Toiletries like deodorant and shampoo can be brought but will stay at base-camp.

Do not bring the following:

- **Extra food of any kind** – odorous items invite insects and critters into cabins/tents and may cause life-threatening harm to those with food allergies.
- When packing, please keep any highly odorous items away from your clothing
- NO video games, cell phones, computers, iPods, knives etc.
- Alcohol, cigarettes and non-prescription drugs are not permitted—you will be sent home if you possess any of these items.

NOTES TO HELP YOU WITH SELECTING PROPER CLOTHING

DO YOUR BEST TO BORROW APPROPRIATE CLOTHING FROM FRIENDS—THERE IS NO NEED TO GO OUT AND BUY A LOT OF GEAR FOR A SHORT TRIP!

- **Leave your cotton at home:** No sweatshirts. No sweat pants! No cotton socks. No need for cotton t-shirts, unless you want it wear it over a wicking layer. It will not help keep you warm.
- **Wool is good:** Wool is a great natural insulator, even when wet. Pants, shirts, sweaters and jackets made of wool have traditionally been used for outdoor wear because of their insulating value. The downside to wool is that it is slow to dry and can be heavy and bulky.
- **Synthetic Fleece or Pile:** Fleece is quick drying, remains warm even when wet and is only half the weight of wool. Jackets, vests and pants are available in fleece in a variety of thicknesses for different conditions. Although most fleece has no wind blocking and should be paired with an outer shell in breezy conditions.
- **Head Protection:** In warm conditions, hats provide protection from both the rain and the sun. In cold conditions, they also help keep you warm. (Up to 75 percent of all body heat lost is lost through the head). Even if it seems like the weather for your trip is looking warm, pack a winter hat just in case. It can be chilly at night and in the mornings.
- **Hand Protection:** Paddlers' hands take a lot of abuse from wind, weather and waves. To protect yours, keep them as dry as possible. Wearing gloves not only protects hands from the elements but also can prevent blisters, especially in newer paddlers who may tend to have a tighter grip on their paddle.
- **Waterproof/Breathable Layers:** these provide reliable waterproof protection and good breath-ability. They perform well in a wide range of weather conditions, keeping rain, spray and splashes at bay all day. At the same time they let your sweat and allow body heat to escape to help keep you dry and comfortable.

- **Layering:** Just as with any sport, you will be more comfortable when paddling if you dress in layers that can be added or removed as conditions change. Wearing an inner wicking layer followed by insulation and an outer wind- and water- protection layer is standard practice for staying comfortable and protected from the elements.

The Rising Problem of Bed Bugs – How to Best Protect Yourself.

Bed Bugs are a rising problem in the developed world. It is a common belief that bed bugs are found where people sleep; however, to date bed bugs have a much broader social impact. The source of bed bugs is unknown due to the multitude of places in which they can exist. For example; shops, hotels, hospitals, movie theatres and public transit systems such as planes and trains. Needless to say, you no longer need to sleep in an infested bed to experience the nuisance bed bugs can cause. Unfortunately, camps and outdoor centers are not immune to this problem.

At ALIVE Outdoors we care deeply about the quality of our programs. With this in mind, we are providing you with this information to educate you - not alarm you.

To best protect your family upon your child's return, please follow the precautionary steps below:

1. We have placed two large garbage bags on the packing list with the intention of having all clothes and bedding/sleeping bag come home to you in sealed garbage bags inside your child's duffel bag. Upon your child's arrival home, take these bags directly to your washing machine. If you do not plan to do laundry right away please keep the bags sealed.
2. Wash clothes and bedding in the hottest water possible. After the wash is complete, transfer the laundry immediately into the dryer for at least 30 minutes. Ensure your dryer is set on high heat.
3. In the case of delicate items that cannot be laundered, it is recommended that you place the items loosely in a tightly sealed bag. The bag should then be placed into the freezer for a minimum of 24 hours.
4. As bed bugs can also travel with your luggage, place your luggage in a black trash bag and leave it tied tightly for 4 days. If possible, place bagged luggage in the sun. Steam cleaning your luggage will also be sufficient. Remember to follow this precautionary step with your child's toiletry bags as well.

The following website provided by Health Canada will provide you with further information:

www.hc-sc.gc.ca/cps-spc/pest/part/protect-proteger/bedbugs-punaises-lit/index-eng.php

We do not want you to purchase any unnecessary items.

The best way to reach us if you have any questions or concerns is through email:

info@aliveoutdoors.com

www.aliveoutdoors.com