

## PERSONAL GEAR LIST

<p><b>Wear in the Canoe</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hat with brim</li> <li><input type="checkbox"/> Wicking T-Shirt</li> <li><input type="checkbox"/> Light Long Sleeve Shirt (bugs, sun)</li> <li><input type="checkbox"/> Wicking Underwear</li> <li><input type="checkbox"/> 1 Pair Shorts (nylon)</li> <li><input type="checkbox"/> Belt (nylon)</li> <li><input type="checkbox"/> Wool Socks</li> <li><input type="checkbox"/> Watershoes – (closed toe sandals)</li> <li><input type="checkbox"/> Bandanna</li> <li><input type="checkbox"/> Watch (optional)</li> <li><input type="checkbox"/> Eyeglasses w/ Sport Strap</li> <li><input type="checkbox"/> Grocery Bag for organizing clothes to wear on Day 1</li> </ul> <p><b>Extra Clothing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dry Bag 10" x 18" for packing clothing</li> <li><input type="checkbox"/> Long Pants (nylon blend)</li> <li><input type="checkbox"/> Fleece Jacket</li> <li><input type="checkbox"/> Knit Cap</li> <li><input type="checkbox"/> 1 Wicking T-Shirt</li> <li><input type="checkbox"/> 1 Wicking Undershorts</li> <li><input type="checkbox"/> 1 Bandana (also use for first aid)</li> <li><input type="checkbox"/> 2-Good Pairs Wool Blend Socks</li> <li><input type="checkbox"/> Camp Shoes (pair of old sneakers)</li> </ul>	<p><b>Fanny Pack</b> (1/person for essentials)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sunglasses w/ Sport Strap</li> <li><input type="checkbox"/> Small Note Book w/ pencil*</li> <li><input type="checkbox"/> 5 Energy Bars (1 per trail day)</li> <li><input type="checkbox"/> Medication* (give to leader)</li> <li><input type="checkbox"/> Sunblock #30 or #45</li> <li><input type="checkbox"/> 1/2 roll Toilet Paper*</li> <li><input type="checkbox"/> Water bottle-1 quart (nalgene)</li> <li><input type="checkbox"/> Rain Jacket (NO PONCHOS)</li> <li><input type="checkbox"/> Drinking Cup (12-ounce size)</li> <li><input type="checkbox"/> Spoon and Bowl</li> <li><input type="checkbox"/> Pocket Knife</li> <li><input type="checkbox"/> Matches/Lighter*</li> <li><input type="checkbox"/> Chapstick</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Bug repellent</li> <li><input type="checkbox"/> Head Net (optional)</li> <li><input type="checkbox"/> Small map*</li> <li><input type="checkbox"/> Camera (waterproof)*</li> <li><input type="checkbox"/> Extra battery for camera*</li> <li><input type="checkbox"/> Headlamp (waterproof)</li> <li><input type="checkbox"/> ...with extra Batteries</li> <li><input type="checkbox"/> 10' piece of paracord</li> </ul> <p>* Protect these items from wetness with a sturdy zip-lock bag or other water-tight container.</p> <p><b>Sleeping</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping Bag (Hollofil dries well) (Warm to 35 Degrees Fahrenheit)</li> <li><input type="checkbox"/> Nylon Stuff Sack or Dry Bag - 10" x 18" for sleeping bag- Compression Sack is best</li> <li><input type="checkbox"/> Sleeping Pad (super thin, 20 x 48") ONLY for Adults with creaking bones</li> </ul>	<p><b>Wash Kit</b> (Share with buddy)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Small bottle Camp Suds- (biodegrades)</li> <li><input type="checkbox"/> Tooth Paste (sample size)</li> <li><input type="checkbox"/> Desenex Powder</li> <li><input type="checkbox"/> Hand Cream (sample size)</li> <li><input type="checkbox"/> Comb or brush</li> <li><input type="checkbox"/> Small Pack Towel-microfiber sports towel or "Sham-Wow"</li> </ul> <p><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Swim Trunks</li> <li><input type="checkbox"/> 2 heavy duty 30-gal plastic bags</li> </ul> <p><b>Travel / Night Before</b> (leave in car)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Gym Bag for gear</li> <li><input type="checkbox"/> Uniform (wear on Saturday)</li> <li><input type="checkbox"/> Clothes for ride home</li> <li><input type="checkbox"/> After-trek towel, shaving kit &amp; toiletries</li> <li><input type="checkbox"/> \$40 cash for souvenirs, meals</li> <li><input type="checkbox"/> Sharpie permanent marker</li> </ul> <p><b>DO NOT BRING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> -Aerosol Cans (danger of puncture)</li> <li><input type="checkbox"/> -Ponchos (dangerous in water)</li> <li><input type="checkbox"/> -Illegal Drugs</li> <li><input type="checkbox"/> -Alcohol</li> <li><input type="checkbox"/> -Firearms or Weapons</li> </ul>
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**YOUR CREW SHOULD BRING:**

First Aid Kit, 2 compasses, 1 pair leather gloves, 200 feet of Nylon Parachute Cord, Extra Zip-lock Bags, duct tape, 6 x Extra heavy duty 39 gal plastic bags, stick lighter, Hudson Bay axe (optional).

**BIRCHBARK EXPEDITIONS PROVIDES THE FOLLOWING:**

Canoe packs for personal gear, Tents, Dining Fly, Stoves, Fuel, Fuel Bottles, Saw, Food packs, Cook Kits, Chef Kits, Water Purification System, Canoes, Paddles, Lifejackets, and Bailers.