



## ESSENTIALS OF RIVER CANOEING PACKING LIST

For your day of canoeing, pack the following items. Camptown will have dry bags you can use to keep your stuff dry.

Your Consent & Release/Health Form: We are sorry, but without a completed Camptown Consent & Release/Health Form you will not be able to go with us.

Sack Lunch and Extra Food: Bring a sack lunch. We will stop along the way for a lunch break. You will want to bring extra snacks. Nothing boosts energy and spirits as much as a quick snack. You can make your own trail mix with nuts, raisins, and M&Ms. The combination of sugar, fats, and protein tastes great and provides quick energy, long lasting calories, and replacement electrolytes. Take food that is light, compact and won't melt or go bad in warm weather.

Extra Water: Without enough water, your body's muscles and organs simply can't perform as well. Carry plenty of water and stop often to drink. Water is better than soda, because soda will dehydrate you. Kool-aid and Crystal Light are always excellent additions.

Rain Gear: Unexpected storms can erupt quickly. Even a light dousing can make you susceptible to hypothermia. Rain gear protects against not only rain, but also wind, cold, and even insects. We will provide rain ponchos for those that do not have rain gear.

Wear a Swim Suit and shoes that can get wet. Shoes should be secured (no flip flops or loose sandals). **Your shoes will get wet even if you don't tip your canoe.** Be prepared to get wet. While the river is gentle flowing, accidents do occur. You may also want to get wet. You will be required to wear shoes in the water. Sharp rocks or glass left behind can cause lacerations.

Hat, Sunglass and Sunscreen. To help avoid getting sun burn bring a hat with a wide brim or ball cap style. This will help keep the sun off of your face and can help with glare. Protect your eyes from UV rays with sunglass and don't forget to apply appropriate sunscreen for your skin type.

Insect Repellant: Water can attract unwanted insects such as mosquitoes and black flies. While this is generally not a problem where we will be canoeing, it is best to be prepared.

- **NO ELECTRONIC EQUIPMENT!**