

LEADERSHIP CANOEING EQUIPMENT LIST

**NOTE: Personal gear will NOT be coming on the boats as we travel from site to site.

Items provided:

- *canoes
- *paddles
- *life vests
- *duffel bags for personal gear
- *tent
- *notebook
- *mess kit (camping dishes)

Items available to borrow:

- Dry bags for daily gear needed on paddles
- Seat pads

Essential Items:

For on the water

- Refillable durable water bottle
- Sun screen
- Sun glasses with UV protection (polarized optional)
- Sun hat that protects your ears, face and neck from direct sunlight
- Water shoes closed toes and heel straps (no flip flops or crocks)

For wearing around camp

**Non-cotton clothing recommended

- Quick drying shirts (at least 2)
- Quick drying shorts (at least 2)
- Long sleeve collared shirt
- Long pants protect from sun, bugs, poison ivy
- Dry shoes (tennis shoes, hiking boots)
- Socks

For camping

- Flashlight or head lamp
- Extra bulb & batteries for light
- Insect repellent
- Sleeping bag/sheet

For comfort

- Personal toiletry kit
- Baby wipes for portable camping "shower"
- Wind Breaker
- Rain Gear
- Fleece sweatshirt
- Towel
- Wool socks
- Personal first aid kit
- Medicines (with required form)
- Bandanna

Optional Items:

For fun

- Camera
- Binoculars
- Reading materials
- Games
- Art supplies
- Deck of cards
- Football, soccer ball
- Pencil and paper
- Nature field guides
- Water gun or "water cannon"

Recommended for additional comfort

- Bathing suit (one piece for girls, or covered 2 piece)
- Personal life vest, USCG approved
- Gloves for paddling
- Warm hat
- Seat pads for canoe
- Knee pads for canoe
- Band-Aids or moleskin
- Lip balm with sunscreen
- Camp chair
- Pillow and sleeping pad
- Spare glasses

Do Not Bring

Electronics
Cell phones
Audio players
Anything you would cry over if it was damaged or lost