



Canoe Campout

Wear

- ✓ Closed Toe Water Shoes. Sandals or Crocs are not permitted as your "Water Shoes"
- ✓ Pants with Zip Off Legs
- ✓ Long Sleeve Shirt (Angler Style)
- ✓ Light weight hiking nylon socks

Close at Hand while paddling

The following items should be worn, clipped on a belt, or stored/worn in a Small Pack

- Water bottle, 1 liter, wide mouthed with Carabiner Style Clip
- Sunblock with SPF 30 or greater
- Lip Balm with SPF 15 or greater
- 2 High Energy Snacks. Examples: Cliff Bar, Trail Mix, Fig Newtons, Dates, Nuts.
- Whistle
- Knife/Multi-Tool (if you have earned your right to carry it)
- Broad Brimmed Hat or Neck Flap Cap
- Sunglasses with keeper strap
- Hooded Rain Jacket. No Ponchos, they are very dangerous in a capsized canoe.

Packing your Gear

- ✓ Gear MUST be packed into a single 20-40 Liter Dry Bag or a 5 Gallon Bucket.
- ✓ All clothing should be made of synthetics and/or natural non-cotton fibers. No Blue Jeans.

Inside your Backpack

- Pair Dry Shoes for Camp Usage
- Mess Kit. Plate, Bowl, utensils.
- Compress-able Sleeping Bag. Large bulky bags are not going to fit in your Pack.
- Extra Long Sleeve lightweight Shirt
- Extra Pair of Pants with Zip off Legs
- Extra Underwear. Not Cotton Briefs
- Extra Socks. Wool is excellent for night wear
- Sleeping clothes
- Wool Cap. If it gets cold
- Camp Towel. Quick drying is ideal
- Personal toiletries. Soap, Toothbrush, Gold Bond, Etc.
- Mosquito Net Hat
- Official Troop 109 Tent
- Bug spray
- Head lamp or flashlight
- Personal First Aid/medications as needed.
- Fishing Rod and SMALL tackle box.
- Neck Gaiter
- 3/4 Finger Paddle gloves
- Inflatable Sleeping Pad (Optional)
- Folding Camp Chair (Optional)
- Personal PFD (Optional, Troop provided)
- Personal Paddle (Optional, Troop provided)

The Do Not Brings

- ✗ No Open Toe Sandals!
- ✗ No Blue Jeans!
- ✗ No Pillows! Make a pillow by stuffing your day clothes into your sleeping bags stuff sack.
- ✗ No Summer Camp Trunks
- ✗ No BIG knives
- ✗ No food inside your tent
- ✗ Leave your cell phone at home