

Personal Gear for Troop 109 Canoe Camping

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 or Multi-Tool
- Broad Brimmed Hat or Neck Flap Cap
- Sunglasses with keeper strap
- Hooded Rain Jacket. No Ponchos, they are very dangerous in a capsized canoe.

Paddle Clothing

- 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

Packed for Camping

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.

- 1 Pair Dry Shoes for Camp Usage.
- 1 Additional Long Sleeve lightweight Shirt
- 1 Additional Pair Pants with Zip off Legs.
- 2 pair Underwear. Not Cotton Briefs
- 2 additional pair of socks. Wool is excellent for night wear
- 1 Pair of Sleeping Clothes
- 1 Knit Cap (50% of body heat escapes from your head)
- 1 Camp Towel

- 1 Compact, Compressible, Lightweight Sleeping Bag
- 1 Bowl, plastic or metal
- 1 Cup, plastic or metal with handle
- 1 Spoon/Spork, plastic or metal
- 1 Water bottle, 1 liter, wide mouthed with Carabiner Style Clip
- 1 HeadLamp
- 1 Head Net for mosquitoes
- 1 Pair personal prescription glasses as needed, with keeper Strap
- Personal medications as needed
- Personal Toiletries. Soap. ToothBrush, etc

Energy Snacks

4-8 serving of Personal Energy Snacks. Have 2 on you for paddle out. Pack the rest.

Optional Gear

- 1 Sleeping Pad, Closed Cell or Self Inflating foam
- 1 Fishing Rod and SMALL tackle box.
- 1 Neck Gaiter
- 1 3/4 Finger Paddle gloves
- 1 Personal PDF
- 1 Personal Paddle
- 1 pair rain pants (can double as pair of pants)
- 1 Book for reading