



## ADVENTURE CAMPING

What's a Guider to do? The girls want to adventure camp and/or trip.

November 18-20, 2016

### Kit List – Backpacking and Canoe tripping kit list

	Backpack trip	Canoe Trip
<b>Pack or other "container" for your + items</b>	<p>A 60-100 l backpack that is comfortable for you to wear, with padded hip strap.</p> <ul style="list-style-type: none"> <li>Each section waterproofed with good quality garbage/other bags and all items grouped, bagged /waterproofed</li> <li>A bag to cover pack at night or when hiking in the rain</li> <li>Needed items handy with 10 essentials</li> </ul>	<p>Interior frame/no frame pack with padded shoulder and hip straps max height 32 inches/82 cm with plastic bags lining each pocket OR canoe pack or barrel with harness.</p> <ul style="list-style-type: none"> <li>All items grouped, bagged, waterproofed</li> <li>A waterproof cover/large bag if pack not waterproof</li> <li>A waterproofed day pack or fanny pack for "needed items" and 10 essentials</li> </ul>
<b>Sleep system</b>	<ul style="list-style-type: none"> <li>Sleeping bag + liner(optional) (Waterproofed - either use waterproof stuff sack, or line a stuff sack with a garbage bag)</li> <li>Sleeping pad (ensolite pad or thermarest)</li> <li>Personal sized ground sheet or silver emergency blanket- optional</li> <li>Sleepwear – this could be synthetic long johns plus warm socks and a sleeping toque</li> <li>Ideally all of this is in a waterproofed bag</li> </ul>	<ul style="list-style-type: none"> <li>Sleeping bag + liner(optional) (Waterproofed - either use waterproof stuff sack, or line a stuff sack with a garbage bag)</li> <li>Sleeping pad (ensolite pad or thermarest)</li> <li>Personal sized ground sheet or silver emergency blanket - optional</li> <li>Sleepwear – this could be synthetic long johns plus warm socks and a sleeping toque</li> <li>Ideally all of this is in a waterproofed bag</li> </ul>
<b>Clothes</b>	<p>No jeans, cotton sweats or cotton hoodies. Quick dry clothes are preferred. Clothes packed in zip lock bags or waterproof stuff sacks (sealime-style)</p> <p><b>This includes what you wear:</b></p> <ul style="list-style-type: none"> <li>1 shorts and 1-2 pants</li> <li>1 long sleeved shirt</li> <li>2 short sleeved shirts (no sleeveless shirts please)</li> <li>Swim suit - optional</li> <li>2 underwear and bra</li> <li>2+ pair socks – synthetic or wool, light weight and heavier weight</li> <li>Hiking boots or study shoes with good treads that you can wear wool socks inside</li> <li>1 pair of shoes to wear on campsite</li> <li>Bandana and sun hat or ball cap</li> <li>Fleece or wool sweater</li> <li>Windbreaker or shell jacket - this can be your rain coat</li> </ul>	<p>No jeans, cotton sweats or cotton hoodies. Quick dry clothes are preferred. Clothes packed in zip lock bags or waterproof stuff sacks (sealime-style)<b>This includes what you wear:</b></p> <ul style="list-style-type: none"> <li>1 shorts and 1-2 pants</li> <li>1 long sleeved shirt</li> <li>2 short sleeved shirts (no sleeveless shirts please)</li> <li>Swim suit (2 piece is preferred )</li> <li>2 underwear and bra</li> <li>2 pair socks – synthetic or wool               <ul style="list-style-type: none"> <li>1 pair of sturdy close-toed shoes to paddle and portage in - that can get wet – NO FLIP FLOPS</li> <li>1 pair of shoes to wear on campsite</li> </ul> </li> <li>Sun hat with front and back brim, optional bandana</li> <li>Fleece or wool sweater</li> <li>Windbreaker or shell jacket - this can be your rain coat</li> </ul>



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<b>Rainwear</b>	Raincoat and rain pants 2 pairs of milk bags or similar type sturdy bags (can be used in site shoes to keep your feet dry)	Raincoat and rain pants 2 pairs of milk bags or similar type sturdy bags (can be used in site shoes to keep your feet dry)
<b>Hot/cold weather</b>	Toque and mittens (depending on the forecast) A bug jacket or hat depending on time of year	Toque and mittens (depending on the forecast) A bug jacket or hat depending on time of year
<b>Toiletries</b>	Sunscreen *15 rating or higher Lip balm *15 sun rated or higher Insect repellent 10-30% Deet Sunglasses Hairbrush, hair ties if used Toothbrush/toothpaste Kleenex or handkerchief Small washcloth, lightweight towel Sanitary supplies (always a good idea whether you think you might need them or not)	Sunscreen *15 rating or higher Lip balm *15 sun rated or higher Insect repellent 10-30% Deet Sunglasses Hairbrush, hair ties if used Toothbrush/toothpaste Kleenex or handkerchief Small washcloth, lightweight towel Sanitary supplies (always a good idea whether you think you might need them or not)
<b>Other: essentials</b>	<ul style="list-style-type: none"> <li>Flashlight and batteries (headlamp is preferred)</li> <li>Whistle</li> <li>Compass</li> <li>Mug (other dishes will be provided) and we will have some if you don't</li> <li>1L water bottle – Nalgene style bottles work well with or without tripping filtration systems</li> <li>Notebook and pen</li> <li>Any medication that you require this that is not on the H.7 (labeled)</li> <li>Ziploc bags or other waterproof bags</li> </ul>	<ul style="list-style-type: none"> <li>Flashlight and batteries (headlamp is preferred)</li> <li>Whistle</li> <li>Compass</li> <li>Mug (other dishes will be provided) and we will have some if you don't</li> <li>1L water bottle – Nalgene style bottles work well with or without tripping filtration systems</li> <li>Paddle &amp; PFD – as required</li> <li>Day pack - big enough for a ½ day hiking</li> <li>Notebook and pen</li> <li>Any medication that you require this that is not on the H.7 (labeled)</li> <li>Ziploc bags or other waterproof bags</li> </ul>
<b>Other: optional</b>	<ul style="list-style-type: none"> <li>Jackknife (optional)</li> <li>Camera (optional)</li> <li>Camp chair</li> </ul>	Something to kneel on in the canoe - depends on your preference Camera, camp chair

A bag of clean clothes and shoes, perhaps shower items for the end of the trip. This is left in a vehicle.



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### Updated Ten Essential "Systems"

1. Navigation (map and compass)
2. Sun protection (sunglasses and sunscreen)
3. Insulation (extra clothing) warmth and rain gear
4. Illumination (headlamp/flashlight) and extra batteries
5. First-aid supplies and any medication you might need
6. Fire (waterproof matches/lighter/candles)
7. Repair kit and tools – duct tape
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter – large garbage bag
11. Signal item - whistle