

WHAT TO BRING - EQUIPMENT CHECKLIST

CAMPING GEAR

1. Essentials

- Sleeping bag
- Thermarest or Insulite sleeping mat
- Tent
- Water bottle (minimum 1 litre)
- Toilet paper
- Flashlight
- Cup/ mug
- Sun gear: sun hat, sunscreen, sunglasses, swimsuit

2. Optional:

- Tarp
- Groundsheet
- Dry bag(s)
- Day bag
- Camp chair
- Bug spray
- Ear Plugs
- Hot water thermos
- Biodegradable soap
- Saltwater fishing gear and license

CLOTHING

1. Essentials

- Rain jacket
- Rain pants
- Rain hat
- Layers of fleece, wool, and polypropylene (e.g., wool toque, polypro long underwear, fleece sweater, fleece pants, wool socks)
- Footwear: 1 dry pair, 1 wet pair
- Medications

2. Optional:

- Wetsuit
- Paddling gloves
- Plastic garbage bags +/- or poncho