Pack List for Canoeing Trip

- 1 pair comfortable shoes you don’t mind getting wet
- 3 pairs socks (non-cotton)
- 2 baselayer tops (non-cotton)
- 1-2 baselayer bottoms (non-cotton)
- 1 comfortable pair hiking pants
- 1 fleece/wool/down insulating layer top
- 1 fleece/wool insulating layer bottom
- 2 days of underwear
- 1 wind/water proof shell top
- 1 wind/water proof shell bottom
- 1 pair glove liners/lightweight gloves
- 1 winter hat
- 2 one liter water bottles
- headlamp/flashlight
- toothbrush/toothpaste
- any necessary feminine hygiene items
- necessary meds (if you have an emergency inhaler, an epi pen, or any other medical concerns that could affect your day please check in with your trip leader and bring relevant meds)

Recommended:
- 1 pair camp shoes
- Sunscreen/sunglasses
- baseball hat for sun
- camera for pictures

Smith Outdoor Adventure Program can provide some additional layers to participants who do not have sufficient outdoor ready clothing/footwear but please bring as much of your own gear as possible.

If you would like, you may also bring the following*:

- sleeping bag
- sleeping pad
- mug and spoon

*Smith Outdoor Adventure Program has sufficient equipment to provide all participants with these items if necessary