

## ***Two Week Trip 2014: Clothing/Equipment List***

### Clothing:

*You may want to bring older clothing because it will take some wear-and-tear on the trip.*

- 2 warm sweaters/tops (fleece or wool)
- 1 pair of quick-dry pants (not jeans)
- 1 long underwear top (polypropylene or wool)
- 1 pair of long underwear bottoms (polypropylene or wool)
- 2 T-shirts
- 1 or 2 pairs of quick-dry shorts
- 1 toque
- 1 pair of mittens
- 4 pairs of socks (make sure at least 2 pairs are fleece or wool)
- 4 pairs of underwear
- 1 set of rain gear (jacket with a hood and pants)
- 1 pair running shoes **or** hiking boots
- 1 pair of watershoes/sandals **or** a second pair of running shoes
- 1 swimsuit

### Equipment:

- Warm synthetic sleeping bag
- Air mattress/therm-a-rest or foam sleeping pad
- a very durable wooden paddle
- Lifejacket
- 5 L Sealine dry bag
- 20-30 L Sealine dry bag

### Essentials:

- 1 hat for the sun
- Sunscreen
- Bug jacket
- Bug spray
- 1 pair sunglasses (with UV protection)
- Toiletries (comb; tooth brush, floss and sample-sized tooth paste; lip balm; biodegradable soap)
- Tampons, pads, or the Keeper Menstrual Cup
- Prescription medication (2 sets of any essential medication should be brought on trip)
- Glasses or contacts
- 1 L screw top water bottle
- Whistle

### Optional:

- Flashlight (with extra batteries – head lamps are best)
- Head band or string to hold on to your sunglasses
- Camera (a waterproof disposable camera would be the best idea)
- Book (we can share around on the trip)
- Bandana
- A journal and a pen

**\*\*** As long as this list looks, it must all fit into your 20L-30L and your 5L dry bags. With the exception of your rain gear, hat, lifejacket, paddle, etc. Think of packing for this trip much as you would for a 5-day. It's not very different, except for maybe another pair of underwear, the long-underwear top and bottoms, a sleeping pad, and a stronger paddle.