Canoeing & Backpacking Multi-Day Individual Packing List
*Used by Participants to Pack For Trip*

As part of your registration process you will be asked to give your sizes. You will also be asked if you would like to rent any gear from Voyages.

* = Available to Rent (fee included in trip price)
** = Available to rent for a fee

Backpack (internal/external framed >45 liters)*
Sleeping bag (Synthetic or down mummy style rated to at least 20º)**
Sleeping pad*
Wool/synthetic socks (three synthetic pairs)
Boots (MUST be waterproof hiking boots that have been worn in by YOU with sturdy tread)
Water shoes (solid footwear- Crocs, Tevas, Chacos etc.)
Shorts (synthetic)
Swimsuit (appropriate for activity)
T-shirts (three synthetic)
Sports Bras (two pair of synthetic)
Underwear (three pairs)
Long sleeve shirt (one synthetic)
Long underwear (one synthetic)**
Warm jacket (one fleece or wool)**
Warm Top (one fleece or wool)**
Warm pants (one fleece or wool)**
Waterproof Jacket (jacket with hood and breathable)**
Warm hat (wool or synthetic)**
Brimmed hat
Gloves
Bandana
Sunglasses (polarized, broad spectrum UV protection)
Bowl, Cup/Mug, Spoon
Water bottles (two 1 liter bottles)
Headlamp/Flashlight (spare batteries and bulb)**
Journal and pen
Personal hygiene items
  o Toothbrush/toothpaste
  o Gender specific items
  o Wash cloth
  o Sun Block/ Bug Spray
  o Comb
  o Any medications you may need

Optional
  o Multi-Tool or Knife
  o Camera
- Playing cards
- Hacky sack
- Frisbee
- Day pack/ fanny pack
- Waterproof pants*