

7-24-2005

## Personal Gear

**Pack gear for travel to and from and for the float. Travel gear should be in an extra duffel or daypack and will be left at the cars. Float gear should be in a duffel or daypack with sleeping bag detached. This packs better in canoes generally.**

### **NO FRAME PACKS FOR TRAVEL OR FLOAT PARTS OF TRIP!**

#### Main List Personal Gear

<b>Item:</b>	<b>Own? Packed?</b>		<b>Item:</b>	<b>Own? Packed?</b>	
Sun Hat	<input type="checkbox"/>	<input type="checkbox"/>	Bandanna	<input type="checkbox"/>	<input type="checkbox"/>
Socks 3 pair min	<input type="checkbox"/>	<input type="checkbox"/>	Liner Socks	<input type="checkbox"/>	<input type="checkbox"/>
Water Shoes	<input type="checkbox"/>	<input type="checkbox"/>	Camp Shoes or Boots	<input type="checkbox"/>	<input type="checkbox"/>
Raingear	<input type="checkbox"/>	<input type="checkbox"/>	T-shirt	<input type="checkbox"/>	<input type="checkbox"/>
Shorts 2 pair min	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Paddling Gloves/Mitts	<input type="checkbox"/>	<input type="checkbox"/>	Lightweight Pants	<input type="checkbox"/>	<input type="checkbox"/>
Underwear 3 or 4 pair	<input type="checkbox"/>	<input type="checkbox"/>	Swimsuit	<input type="checkbox"/>	<input type="checkbox"/>
Bug Hat	<input type="checkbox"/>	<input type="checkbox"/>	Belt (optional)	<input type="checkbox"/>	<input type="checkbox"/>
1 Qt. Daily Water Bottle	<input type="checkbox"/>	<input type="checkbox"/>	Water Filter (optional)	<input type="checkbox"/>	<input type="checkbox"/>
1 Gallon Milk Jug 5 min	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Cutlery	<input type="checkbox"/>	<input type="checkbox"/>	Matches	<input type="checkbox"/>	<input type="checkbox"/>
Lighter	<input type="checkbox"/>	<input type="checkbox"/>	Cooking Pots	<input type="checkbox"/>	<input type="checkbox"/>
Personal Snacks	<input type="checkbox"/>	<input type="checkbox"/>	Day Pack	<input type="checkbox"/>	<input type="checkbox"/>
Tent(s)	<input type="checkbox"/>	<input type="checkbox"/>	Lightweight Sleeping bag	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping pad	<input type="checkbox"/>	<input type="checkbox"/>	FRS Radio (optional)	<input type="checkbox"/>	<input type="checkbox"/>
Paddles	<input type="checkbox"/>	<input type="checkbox"/>	PFD's	<input type="checkbox"/>	<input type="checkbox"/>
Flashlight/Headlamp	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Bailer and Sponge	<input type="checkbox"/>	<input type="checkbox"/>	Whistle	<input type="checkbox"/>	<input type="checkbox"/>
Knife	<input type="checkbox"/>	<input type="checkbox"/>	Camp Rope	<input type="checkbox"/>	<input type="checkbox"/>
Map	<input type="checkbox"/>	<input type="checkbox"/>	Compass	<input type="checkbox"/>	<input type="checkbox"/>
GPS (optional)	<input type="checkbox"/>	<input type="checkbox"/>	Bug Repellant	<input type="checkbox"/>	<input type="checkbox"/>
Medical Kit	<input type="checkbox"/>	<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>	<input type="checkbox"/>
Perscription glasses/contacts	<input type="checkbox"/>	<input type="checkbox"/>	Waterproof Sunscreen	<input type="checkbox"/>	<input type="checkbox"/>
Lip Balm	<input type="checkbox"/>	<input type="checkbox"/>	Ziplock Bags	<input type="checkbox"/>	<input type="checkbox"/>
Mirror (optional)	<input type="checkbox"/>	<input type="checkbox"/>	Towel	<input type="checkbox"/>	<input type="checkbox"/>

Toothbrush/Paste	<input type="checkbox"/>	<input type="checkbox"/>	Biodegradable Soap	<input type="checkbox"/>	<input type="checkbox"/>
Kleenex	<input type="checkbox"/>	<input type="checkbox"/>	Shaving Kit (optional)	<input type="checkbox"/>	<input type="checkbox"/>
Pen and Notebook	<input type="checkbox"/>	<input type="checkbox"/>	Unscented Deodorant	<input type="checkbox"/>	<input type="checkbox"/>
Comb	<input type="checkbox"/>	<input type="checkbox"/>	Garbage Bags 3	<input type="checkbox"/>	<input type="checkbox"/>
Cards (optional)	<input type="checkbox"/>	<input type="checkbox"/>	Book(s) (optional)	<input type="checkbox"/>	<input type="checkbox"/>
Camera, film, etc. (optional)	<input type="checkbox"/>	<input type="checkbox"/>	Fishing Gear (optional)	<input type="checkbox"/>	<input type="checkbox"/>
Small Duct Tape	<input type="checkbox"/>	<input type="checkbox"/>	Candle	<input type="checkbox"/>	<input type="checkbox"/>
Toilet Paper Min 2 rolls	<input type="checkbox"/>	<input type="checkbox"/>	Survival Kit	<input type="checkbox"/>	<input type="checkbox"/>
Sewing Repair Kit	<input type="checkbox"/>	<input type="checkbox"/>	Gaiters (optional)	<input type="checkbox"/>	<input type="checkbox"/>
Sling Chair (optional)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Rescue Knife on vest	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Pocket Knife	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

**PERSONAL CLOTHING** (for the Canoe trip) modified from  
<http://students.salisbury.edu/~algonquin/gear.htm#What%20to%20Bring>

- 1 Sun hat
- 1 lightweight hat with visor (ie. baseball cap, to shade sun)
- 1 nylon windbreaker
- 1 wool or synthetic pile/fleece jacket
- 1 lightweight wool sweater or wool shirt or medium-weight polypropylene top.
- 1 cotton shirt (long sleeves/lightweight) optional.
- 1 pair long pants (wind pants, polyester pants or rain pants, not jeans or sweats)
- 1 belt or suspenders (if needed)
- 1 pair shorts (mesh works well)
- 1 bathing suit (nylon, quick-drying; girls, a stable suit is encouraged over something cute and strappy)
- 2 T-shirts (tie dye is good camoflague for stains)
- 1 set top & bottoms lightweight polypropylene long underwear -- optional!
- 2 sets underwear (if you can fit more in your bag you can take them)
- 2-3 pairs of socks, ragg wool suggested (85% wool, 15% nylon)
- 2 pairs of polypropylene undersocks
- 1 pair of trail boots (lightweight and broken in) or substitute with high top tennis shoes for dayhikes.
- 1 pair of water shoes
- 2 bandannas
- 1 poncho or rainsuit

NOTE: Where two of an item is suggested, it is assumed you'll be wearing one while the other is packed with your gear.

When canoeing, divide your clothing into two (2) basic sets, 1 "wet set" for paddling and a "dry set" for camp. This system works well -- no need to over pack!

PACK ALL CLOTHING IN A DUFFEL BAG.

### PERSONAL EQUIPMENT

- 1 pair sunglasses
- 1 cup (sierra type)
- 1 knife, fork, spoon
- 1 metal plate (no plastic)
- 1 chapstick with sunscreen
- 1 tube of sunscreen (waterproof)
- 1 flashlight with extra batteries and bulb (most mag lights come with extra bulb)
- 1 bottle insect repellent \*\*
- 1 pocketknife
- 1 sleeping bag (size & weight must be a consideration)  
A good bag for this trip would be filled with Quallofil (minimum of 85% of insulation value when wet); 2-season bag tested to 40 degrees; weight 2-3 lbs.; and with stuff size of not greater than 9" x 18". A bag of this type can be purchased for \$35 to \$90. **DO NOT BRING DOWN BAGS.**
- 1 ground pad A MUST! (closed cell foam only)
- 1 small towel (For the trail, a synthetic fiber sports towel or leather chamois is best).
- modest quantity of toilet articles including toilet paper (1 roll for the trail)

**\*\*NOTE:** There are some concerns about the use of DEET, a chemical ingredient found in most insect repellants, especially when used incorrectly. It should be used sparingly, and it should be put on clothing, not skin. If you are concerned about the use of products with DEET, it is suggested that you use an optional product with a citronella base or try "Skin So Soft."

OPTIONAL - camera & film, small musical instrument, resource booklets or guides, bandannas and a fanny pack (very encouraged).

**IF YOU HAVE ANY QUESTIONS REGARDING EQUIPMENT, CALL US BEFORE YOU BUY IT! OUR ADVICE CAN SAVE YOU MONEY AND AVOID BUYING THE WRONG THING. WE CAN ALSO SUGGEST LOW/NO COST SUBSTITUTES.**

**EXTRAS: YOU REALLY MUST CARRY EVERYTHING YOU TAKE ON THE TRAIL. IF IT'S NOT NECESSARY, DON'T TAKE IT. YOU CAN GET ALONG ON A LOT LESS THAN YOU THINK. THIS IS IMPORTANT ADVICE AS YOU MUST ALSO SHARE A PACK WITH OTHERS. WE'LL CHECK TO SEE IF YOU HAVE WHAT YOU NEED AND SORT OUT WHAT IS "EXTRA BAGGAGE".**

## TRAVEL CLOTHING

Those items listed under personal clothing and/or equipment are for the trail and **SHOULD BE PACKED SEPARATELY** from traveling clothing. Please bring towels, toilet articles, and clean clothing for the trip up and back. (in a separate soft duffel or in a plastic bag inside your duffel bag.) **PLEASE DO NOT BRING SUITCASES!** They are difficult to pack into the trailers that we use to transport our equipment.

You will need travel clothes for three (3) days. These items will be locked in the van and will not be accessible during the canoe trip. You will also need a **TRAVEL ALARM CLOCK OR WATCH WITH AN ALARM**. Your final set of orientation sessions will begin at 8:00 am on the last day. It will be your responsibility to get there on time.

## IF YOU WEAR GLASSES OR CONTACT LENSES:

We recommend that you bring a spare pair of glasses and a strap to hold them on. An extra pair of contact lenses may also be brought. A small travel bottle of saline solution will be enough for the week.

## PERSONAL HYGIENE

Backwoods experience tells us that most cases of "Beaver Fever" really don't come from the "mighty builder" but as a result of poor personal hygiene. To put it another way, you forgot what mom taught you when you were a wee tike, and you didn't wash your hands after using the "potty". As a result, you suffered intestinal distress. Get the point? Anti-bacterial water less gels are encouraged.

## CASH AND VALUABLES

You will have little need for money (\$60 should be plenty) during your course; however, cash for refreshments, souvenirs and incidentals should be brought. **PLEASE LEAVE YOUR VALUABLE JEWELRY AT HOME.** Do not wear necklaces, rings, etc.

## PERSONAL CARE ITEMS

**Do not take hair dryers or curling irons on the trail -- leave them with your travel bag. Bring small travel or sample size toilet articles to cut down on space and weight.**

## Group Gear

**Each canoe will carry its share of the group gear and food as well as the trash and waste each day. Don't over pack! Leave room for group gear. A bucket toilette with a privacy tent will be used. Waste and trash will be sealed in 5 gallon buckets marked with red tape.**

**Canoes will travel within sight of each other with the Scoutmaster Mike Gzowski leading the group. Assistant Scoutmaster Nic Matulich will bring up the rear. Scout's canoes must remain between these two points. Mike and Nic will maintain radio contact while on the river. If you bring a radio do not use it in a way that interferes with this.**

Item:	Own?	Packed?	Item:	Own?	Packed?
High Output Stove	<input type="checkbox"/>	<input type="checkbox"/>	Propane 2 burner Stove	<input type="checkbox"/>	<input type="checkbox"/>
Propane Bottle Large 2	<input type="checkbox"/>	<input type="checkbox"/>	Propane Bottle Small 2	<input type="checkbox"/>	<input type="checkbox"/>
Propane Connection Stick	<input type="checkbox"/>	<input type="checkbox"/>	Boat Ropes	<input type="checkbox"/>	<input type="checkbox"/>
5 gallon Bucket w/lids 16	<input type="checkbox"/>	<input type="checkbox"/>	Bucket lid tool 2	<input type="checkbox"/>	<input type="checkbox"/>
Camp Table 2	<input type="checkbox"/>	<input type="checkbox"/>	Bucket Toilette 2	<input type="checkbox"/>	<input type="checkbox"/>
Cooking Pot Large 1	<input type="checkbox"/>	<input type="checkbox"/>	Bucket Liners	<input type="checkbox"/>	<input type="checkbox"/>
Cooking pots Asst	<input type="checkbox"/>	<input type="checkbox"/>	3 lbs lime	<input type="checkbox"/>	<input type="checkbox"/>
Cooking Utensils	<input type="checkbox"/>	<input type="checkbox"/>	Privacy Tent	<input type="checkbox"/>	<input type="checkbox"/>
Dish Pans 3	<input type="checkbox"/>	<input type="checkbox"/>	Sun Shower	<input type="checkbox"/>	<input type="checkbox"/>
Dish Soap	<input type="checkbox"/>	<input type="checkbox"/>	Gamma Seals 4	<input type="checkbox"/>	<input type="checkbox"/>
Dish Towels 5	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Sun/Rain Fly	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Canoe Repair Kit	<input type="checkbox"/>	<input type="checkbox"/>
Climbing Rope w/Biners	<input type="checkbox"/>	<input type="checkbox"/>	Throw Ropes 1 per Boat	<input type="checkbox"/>	<input type="checkbox"/>
Hand Axe	<input type="checkbox"/>	<input type="checkbox"/>	Duct Tape Large	<input type="checkbox"/>	<input type="checkbox"/>
Bow Saw	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Canoe Trailer	<input type="checkbox"/>	<input type="checkbox"/>	Gear Trailer	<input type="checkbox"/>	<input type="checkbox"/>
FRS Radios	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Spare Batteries	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Camp Lantern	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Mantels for lantern	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

