**PERSONAL MATERIAL LIST for the Takhini River**

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| EATING AND MEAL PREPARATION |
|  |  | 1 Nalgene type 1L water bottle w/carabiner to attach in canoe |
|  |  | 1 1L Thermos |
|  |  | Wide mouth thermos |
|  |  | Lunch for first day |
|  |  | Food organized |
|  |  | Fire kit- matches, lighter, fire starter |
| CLOTHING |
|  |  | 2 wool/synthetic long underwear bottoms |
|  |  | 2 wool/synth. long sleeve shirts |
|  |  | 1 pair quick-drying synth. pants |
|  |  | 1 pair of heavy pants (fleece) |
|  |  | 1 wool/synth t-shirt |
|  |  | 3 pairs wool or blend socks |
|  |  | 2 fleece or wool sweaters |
|  |  | 2 pairs of underwear |
|  |  | 2 toques- 1 warm, 1lightweight |
|  |  | 3 pairs of gloves/mitts – 1 pair paddling (neoprene or wool/polypro with dish gloves),  1 pair warm gloves-mitts,  1 pair work gloves |
|  |  | Comfortable camp shoes  |
|  |  | River booties or neoprene socks + running shoes  |
| \* |  | Wetsuit (or drysuit if you own one) |
| \* |  | Helmet |
|  |  | Sandals with protected toes for camp |
|  |  | Brimmed hat |
|  |  | 1 pair rain pants or Gortex type shell pants |
|  |  | 1 rain jacket |
|  |  | Buff type headband |
|  |  | Bug shirt |
|  |  | Pyjamas |
| GENERAL PERSONAL GEAR |
|  |  | Multi use knife |
|  |  | Quick dry towel |
|  |  | Toilet paper in Ziploc bag with hand sanitizer |
|  |  | Journal/ pencil/ pen in ziploc |
|  |  | Sunscreen and lip balm |
|  |  | Insect repellant |
|  |  | Sunglasses |
|  |  | Toothbrush, paste and floss |
|  |  | Feminine hygiene |
|  |  | Medications |
|  |  | Headlamp and extra batteries |
| SHELTER/SLEEPING |
| \* |  | 2 person tent  |
| \* |  | tarp |
| \* |  | Sleeping bag in compression stuff sac |
| \* |  | Sleeping bag liner |
| \* |  | Sleeping pad / thermarest |

\* Provided by the school (if needed)