

Canoeing Trip Packing List

(including Canoe/Rock Combo Trips)

Footwear

- Trail Boots ***BIG THREE ITEM***
- Sport sandals, such as Chacos or Tevas. *No flip flops, please!*
- 1-2 pair wool socks or heavy polypropylene per week on trail
- 1 pair medium-thin wool socks for evening wear per week on trail

Bedding

- Sleeping Bag ***BIG THREE ITEM*** preferably "3-season" synthetic
- Waterproof stuff sack for sleeping bag
- Sleeping bag liner (optional)*
- Thermarest/Sleeping Pad (optional, but recommended for 20-day sessions)

Headwear

- Sunglasses with a safety cord
- Hat with brim for sun protection (i.e. baseball cap)
- Wool or fleece hat (beanie or winter hat)

Trail Clothes

- 1 pair shorts – light, durable, and fast drying, we recommend nylon shorts with a liner
- 1 pair long pants – light, durable and fast drying, no jeans or sweatpants
- 2 T-shirts
- Underwear
- Rain Gear ***BIG THREE ITEM*** jacket and pants, no ponchos or thin plastic rain gear
- 1 long underwear shirt (polypropylene, capilene)
- 1 long underwear bottom (polypropylene, capilene)
- 1 swimsuit
- 1-2 heavy wool or fleece sweater or shirt, no cotton sweatshirts
- Wool or fleece mittens
- 1 "puffy: synthetic or down jacket (optional)

In-Camp Clothes

These clothes will stay at Menogyn during your trip. Cotton is ok.

- 1 pair long pants
- 1-2 pair shorts
- 2 t-shirts
- 2 long sleeve shirts
- 3 pair socks
- Underwear
- 1 pair light-weight athletic shoes

Hygiene Articles

Please avoid products with strong smells – they will attract bugs and bears! Some items will stay at Menogyn.

- Small ditty bag
- Shampoo
- Toothbrush
- Toothpaste
- Dental floss
- Bar soap or Liquid Soap
- Comb or brush
- Washcloth or PackTowel (can be used on trail)
- 1 towel
- Lotion
- Sunscreen (minimum SPF 15)
- Chapstick with sunscreen
- Bug repellent (30% DEET or Picaridin recommended)
- 1-2 quart-sized water bottles (available for purchase at Menogyn Tuck Shop)
- Prescription medications in original bottle
- Menstruation products (bring extra)
- Extra pair eyeglasses and/or contact lenses

Miscellaneous Items (all are optional, except for headlamp/flashlight)

- Headlamp/Flashlight (w/ extra batteries)
- Camera (w/ waterproof case) or Disposable Camera
- Journal for writing
- Cards, hacky sack, games
- Compass
- Lightweight camp chair
- Fishing rod & gear (MN fishing license)
- Money – for Menogyn Tuck Shop, includes t-shirts (\$20), sweatshirts (\$45), hats (\$25), maps, mugs, journals, pens
- Pen
- Books/field guide
- Climbing Shoes (recommended for climbing trips, can rent from REI)
- 2-layer face masks (please bring multiple)**
- Hand Sanitizer**