

CHILLIWACK LAKE TRAINING AND ROSS LAKE TRIP GEAR LISTS

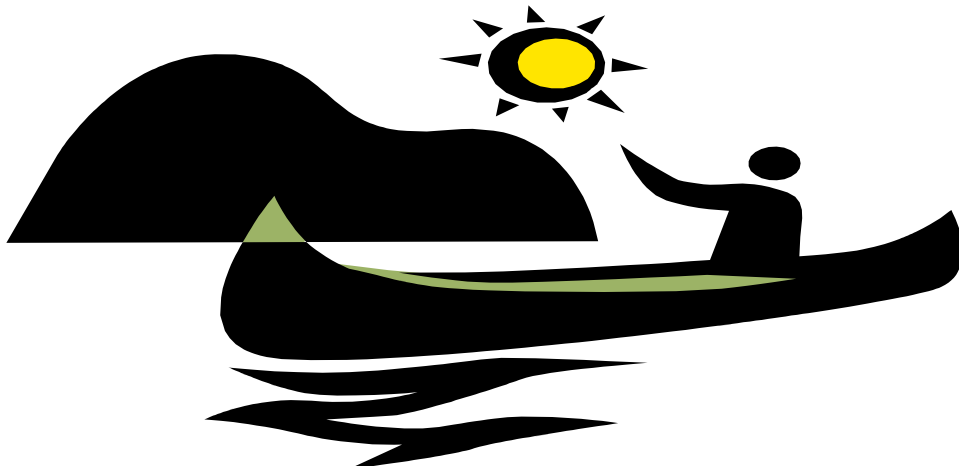
CAMPING AND CANOEING EQUIPMENT

- G Small pack or gym bag for snacks
- G Rubbermaid tote
- G Tent (provided)
- G Insulate/sleeping pad
- G Sleeping bag (3 season, **NOT DOWN**) - [we encourage you to use your own on this trip]
- G Flashlight (the smaller the better)
- G Knife, fork, spoon, mug, bowl (hard plastic ideal) – **not disposable plastic!**
- G Plastic juice bottle
- G Camera (optional)
- G Water-proof matches in water-proof container
- G 1 bailing bucket per canoe (OED will provide)
- G Sponge - ideal for mopping out canoe while in transit
- G Life jacket (provided)
- G Paddle (provided)
- G Cord or string for washing line and miscellaneous use
- G 2 Clear plastic bags.
- G Foam pad for sitting on

Please note:

Do not bring any make-up, hair gel, hair spray or other personal grooming items. These may attract unwanted animals into camp.

Label all your personal belongings



PERSONAL EQUIPMENT

ALL CLOTHES, FOOD, SLEEPING BAG, ETC. MUST BE PACKED IN PLASTIC

(TENTS AND INSULATES ARE OKAY)

Wear sturdy runners - pack 1 pair old runners, water shoes, sandals

Socks - wear 1 pair - pack 2 pairs – synthetic preferred

Wear shorts or track pants – no jeans

Wear shirt

Shorts – pack 2

T-Shirts – pack 2

Jacket or pullover

Rain gear (with rain pants)

Hat for SUN or RAIN

clean underwear

Toiletries: toothbrush, toothpaste, biodegradable soap, towel, toilet paper, comb and personal needs.

Insect repellent

Sun screen (minimum factor 30) and sunglasses

Personal medication (aspirins, TYLENOL, nasal spray, contact lens cleaner and antihistamines) - **you** must be prepared for your own minor ailments such as hay fever, allergies, migraines, etc)

Camera (optional)

Reading material

Pen/pencil

Towel

Camp pillow – optional

Foam pad for sitting on

IF YOU REQUIRE A PIECE OF EQUIPMENT THAT YOU DO NOT HAVE, let Mr. Lightle or Mr. Shea know right away...



