



## The Outdoor Classroom

### Canoe Trip Packing List

Updated November 2017

*It is important to have all of the items on this list for your Chewonki experience. If you have equipment questions or needs please contact your school.*

#### **Clothing:**

- 7 pairs of socks (preferably 2 or more synthetic, wool, or fleece)
- 4 pairs of underwear
- 1 set of synthetic/thermal long underwear top and bottom
- 2 pair of shorts
- 2 pairs of pants
- 2 T-shirts
- 1 long sleeved shirt (wool or synthetic preferred)
- 2 wool or fleece sweater or pullover for warmth
- 1 full zip warm jacket or outerwear
- 1 waterproof rain jacket and pants
- 1 warm winter hat (wool or synthetic preferred)
- 1 pair of warm gloves
- 1 brimmed hat for sun protection
- 1 pair of "camp" shoes (sneakers or boots)
- 1 pair of "canoe" shoes (closed toe with a hard sole-old sneakers work great!) that will get wet
- 1 swimsuit

#### **Equipment:**

- 1 large dry bag (Chewonki can provide this. Pack all belongings into a backpack or duffle bag for transportation)
- 1 camping sleeping bag
- 1 sleeping pad (ThermaRest or closed-cell ensolite preferred)
- 1 flashlight or headlamp
- 2 durable water bottle
- Toilet kit- including toothbrush and toothpaste
- Small daypack or book bag
- Sunscreen (15 SPF or higher)
- Personal prescription medications (*please review medications guide*)

#### **Optional but Recommended Items:**

- Small journal and pen/pencil
- Reading material
- Camera
- Sunglasses
- Insect repellent
- Extra garbage bag

**Please do not bring electronics or food of any kind- no cell phones, ipods, candy, etc!**



## Packing Tips

- Remember that the days are generally comfortable, but the nights can be cool. It is important to prepare for all potential seasonal changes that can occur during Maine's spring and fall
- Please pack with your student! That way they know what they have with them and can be independent in making sure it all comes home
- \* NOTE – Wool/Synthetic/Thermals: Polartec, Duofold, Capilene, Thermax, HotChilies, Polar Plus, polypropylene, fleece, nylon, and wool are all fabrics that work well in a wet environment as they absorb little moisture and dry quickly. These fabrics retain their insulating properties when wet while cotton does not.

## Equipment Notes

- **Shoes:** Having two pairs of appropriate shoes will lead to a more comfortable week. One pair, your “camp” shoes, will remain dry and worn when on land. Your other pair, the “canoe” shoes, will be getting wet as you are canoeing, and moving boats to and from the water.
- **Packing:** Chewonki will provide an extra large waterproof “dry bag” with shoulder straps. All belongings should come to Chewonki in a duffel or backpack and will be repacked once you arrive.
- **Sleeping bag:** put a heavy-duty plastic garbage bag inside a stuff sack, laundry bag or pillow case. Stuff in the sleeping bag and squeeze all of the remaining air out. Twist the end of the garbage bag and tuck into the stuff sack. Do not use the trash bag as the outer layer.
- **Rain suit** and **water bottle** should be packed last and must be accessible.
- **Daypack:** Empty daypacks should be packed at the top of the backpack. Do not pack your daypack full as this will make it difficult to carry all of your gear to the campsite.

## Obtaining Equipment

We strongly suggest borrowing equipment from friends and family. You can rent equipment from Eastern Mountain Sports EMS (South Portland or Augusta), Maine Mountain Works, or Play It Again Sports (Portland). You can also purchase much of the clothing and equipment from LL Bean's Warehouse, Army surplus stores, Goodwill thrift stores, or the Salvation Army Thrift Stores. For those not coming from Maine, please consider REI and similar gear outlets.