

Clothing and Equipment Checklist — 2008

General Notes: You probably already have much of what you need. With the exception of a few specialty items, all of the required clothing and equipment is available in discount stores. All clothing should be large and loose for freedom of movement and must be sturdy enough to withstand the rigors of wilderness travel. In choosing colors it should be remembered that white shows every speck of dirt, while black and dark blue attract biting insects. Medium colors such as khaki, green, and light grey are best. Red, yellow, and plaids are good for items like wool jackets and raingear — so they stand out at camp sites & aren't left behind — and they look good in pictures!

PLEASE LABEL EVERYTHING WITH CAMPER'S LAST NAME IN PERMANENT MARKER

REQUIRED ITEMS

- sleeping bag w/ stuff sack
Your sleeping bag should be rated to about 40°F for trips in Maine, 30°F for Canadian trips. Any standard bag with synthetic fill is fine. A mummy bag will work but is not necessarily better than a less restrictive rectangular bag. Avoid bulky bags that do not compress well – they are a pain to pack every morning.
- tarp
An inexpensive 6' x 8' waterproof tarp will serve as your ground sheet.
- sleeping pad
A ¾ length Therm-A-Rest® or similar sleeping pad is excellent, or a ¾ length thin closed-cell foam pad is fine too. Avoid thick bulky pads, which are very difficult to pack
- duffle bag (waterproof)
Used as a packsack for your sleeping bag, clothing, and personal gear. On trip we lash two people's duffles together with a tump line to make a compact "double pack" that fits in the canoe, so it is important that the duffle bags are of uniform size and are completely waterproof, not just water-resistant. We require all campers and staff to use the specially made heavy duty waterproof canvas duffle bag which is available in the Camp store. We also have inexpensive 6 mil plastic pack liners available in the Camp store. Our duffle bag will last for many years of rugged tripping.
- tump line
This essential tool is used for carrying things on a canoe trip. Tump lines are almost impossible to find retail but we have them custom made for us and they are available in the Camp store. A tump will last a lifetime with proper care.
- long sleeve shirts & T-shirts
Long sleeve shirts: Bring two; you will wear one while traveling and will carry a second in your pack. Long sleeve lightweight cotton button front work shirts or old cotton dress shirts are excellent for protection from sun and insects in warm weather. Experienced canoe trippers headed to Canada sometimes prefer their second shirt to be of lightweight wool or lightweight synthetic fleece.
T-shirts: You will need two T-shirts; these can be easily washed while on trip. Avoid white.
- Pants, shorts, & belt
Bring two pairs of pants; you will wear one pair while traveling and will carry a second pair in your pack. Long chino pants or work pants in cotton or cotton/polyester blend dry fast. For Canadian trips some people like lightweight wool flannel or synthetic fleece pants for their second pair. Blue jeans are fine for travel to and from camp but they dry far too slowly to be practical in the bush. In addition you will want one pair of sturdy shorts.

- underwear & long underwear**
You will need three changes of regular underwear; these can be easily washed while on trip. Young women will need two sports bras. Again, avoid white. A set of long underwear makes great pajamas and will keep you a lot more comfortable on cold rainy days. On Canadian trips you may want two sets. Lightweight wool long underwear or medium weight synthetics (such as polypropylene, Capalene, Thermax, REI MTS, etc) are preferred. Do not bring cotton or cotton blend long underwear - it is worse than useless when wet.
- swimming suit**
- socks (wool)**
There is simply no substitute for good quality wool boot socks on a canoe trip. Look for those with at least 70% wool content and bring at least three pair. The new Smartwool socks are excellent but pricey.
- hat(s)**
A ball cap is practical for sun protection and can be worn under the hood of your rain jacket. Some folks prefer a hat with a brim all around, such as an old felt hat or a wool "crusher." Veteran Canadian trippers often carry a wool ski cap for warmth under rainwear and for extra warmth on cold nights.
- footwear: waterproof boots, canvas sneakers, and swim shoes**
You will need waterproof boots. The L.L. Bean Maine Hunting Shoe – a rubber bottom, leather top uninsulated boot in 10" height - is excellent. Another practical choice for Canadian trips is the tall rubber chore boot sold in every Wal-Mart and Canadian Tire store. Either Bean boots or black rubber boots should fit comfortably over wool socks and wool felt insoles. You will also need sneakers or running shoes for a second pair of shoes, though the inevitable wading will ruin them for athletics or street wear. High-top Converse All Stars are great because they dry fast and they're comparatively inexpensive. Any boot with a thick or heavy sole is impractical and unsafe. As a third pair of shoes, sandals or watershoes are great for swimming. However they do not provide enough protection to substitute for closed shoes in the canoe, in the woods, or around the campfire.
- outer layers: jacket, raincoat, and rain pants**
Most experienced canoe trippers prefer a medium to heavy weight unlined wool shirt or jac-shirt as their main warmth garment. A synthetic fleece jacket will also work. You also need a waterproof rain jacket with hood and waterproof rain pants. Gore-Tex is good but not necessarily better than non-breathable waterproof rainwear. Your rainwear should be large, loose, and uninsulated for layering over your heavy wool shirt or jacket and to encourage ventilation, and it should be sturdy.
- toilet kit**
Include soap (plain Ivory floats and is as biodegradable as any), sunscreen, toothbrush, toothpaste (in crushproof container or plastic bag), comb and/or small brush, deodorant, small shampoo, and perhaps a small unbreakable mirror. Chapstick and a small tube of unscented hand cream help prevent chapping on long trips. If you usually shave by all means bring a razor – you will feel better if you do. A bandanna will serve as a washcloth and soap will serve as shaving cream. Please do not bring anything in aerosol cans – they can make an unbelievable mess inside a pack! Your toilet kit should be packed in a small pouch or plastic bag. Young women should assume that they will need feminine hygiene products and bring along enough to last for the duration of the trip, packed in plastic bags.
- bandanas**
Bring two; they can double as wash cloths.
- small towel**
- small scrub brush for laundry**
an inexpensive fingernail brush works well
- insect repellent**
- sunglasses**
Important for protection from glare off the water. UV type is good.
- flashlight or headlamp w/ extra batteries**
Place one battery in a flashlight in reverse so that the flashlight does not accidentally get turned on inside your pack

- pillowcase or stuff sack
Also used for packing and for storing clothes in the tent. 22"x27" nylon stuff bags are available at Wal Mart
- drinking cup
- Water bottle or unbreakable thermos. Many campers prefer the new metal water bottles.
- clean change of clothing for travel home – to be left at Base Camp

OPTIONAL ITEMS

- small knife
- leisure time activities: book for reading, small non-electronic game, musical instruments
- writing supplies: journal, pencil
- camera & film in waterproof case
- fishing gear
A rod which breaks down in two pieces can easily be tied under the gunwale of your canoe with your reel attached. The best general purpose rig is an inexpensive open faced spinning rod and reel with 12-pound test monofilament line. You will want several wire leaders, split shot, swivel snaps, and a small selection of lures — Daredevil spoons in red and white and Mepps spinners are consistently productive. Your lures and leaders should be carried in a small crushproof box — a metal Band Aid tin or pocket sized plastic tackle box is excellent.
- day pack
useful for keeping loose gear organized in the canoe. Usually canoe partners can share a single day pack
- personal medications: to be carried in group first aid kit
- spare eyeglasses or contacts in crushproof case

ITEMS YOU SHOULD NOT BRING TO DARROW

Illegal drugs or alcohol, tobacco products, weapons of any type, fireworks, tight or revealing clothing, literature or clothing in poor taste, electronic games or electronic equipment of any type, anything in aerosol cans, matches or lighters, and over the counter medications.

Please let us know if you have any difficulty in finding clothing or equipment. We will be happy to provide a list of suppliers and to make specific recommendations.