



Canoe Trip Gear List

Below is a list of recommended gear for CIM Canoe Trips. Keep in mind - Most people bring WAY too much gear! Try to pack as light as possible, what YOU bring, the COMMUNITY carries. Don't forget to consider what you will be wearing on the day that we head out. That counts as an outfit.

We pack personally for the community!

Each participant will pack all of their trip gear - including sleeping bag MUST FIT into a 35L dry bag. Each personal pack will then be put into large canoe packs with 1-2 others.

CIM recommends that each participant purchase said 35L Dry Bag (available at [Mountain Equipment Coop](#) or any local outdoor gear store). If you choose not to purchase your own, CIM will have some available on a first come first serve basis - get in touch! Also consider purchasing a [small carabiner/gear clip](#) to attach your extra shoes to the outside of packs.

Camp Clothing

- Long sleeve shirts (1)
- Long pants (1 pair, quick-dry or synthetic fiber)
- T-shirt
- Light-weight fleece/Wool sweater (optional)
- Shorts (1 pair, quick-dry)
- Bathing suit
- Small towel (optional)
- Rain Gear (top and bottom)
- Brimmed Hat
- Underwear
- 2-3 pairs wool socks

Shoes/Footwear

- Sturdy footwear (Hikers /runners) Must be good for rugged portaging.
- Teva-type sandals or water shoes.

GUIDE'S TIP

BRING A PAIR OF SHOES THAT YOU DON'T MIND GETTING WET FOR THE DAY'S TRAVEL, AND ONE PAIR FOR RELAXING AT THE CAMPSITE.

Toiletries

- Biodegradable soap
- Toothbrush/paste

Camping Equipment

- Sleeping bag (as small as possible, considering borrowing if yours is large)
- Sleeping pad (foam pad or Therm-a-Rest, optional)

Other

- Head lamp/flashlight - check the BATTERIES!
- Water bottle (Nalgene)
- Sunglasses
- Sunscreen

Diabetes Supplies/Meds

- Any meds you need in waterproof containers.
- Insulin and supplies (enough to last a week) - be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc.
- Glucometer and Testing supplies

***Please label your diabetes supplies with your name**

Optional

- PFD (will be supplied)
- Paddle (will be supplied)
- Light-weight long underwear (optional)
- Eyeglasses and contact lenses to spare (if needed)
- Connected In Motion T-shirt (1)
- Small backpack or fanny pack for snacks, testing gear, etc.
- Bandana
- Earplugs

Remember -camping is about living with less. You'll be surprised about how little you'll need.

If you have any questions about your gear needs or would like to borrow from CIM, email peter@connectedinmotion.ca.

Paddle On!