



CANOE TRIP

PACKING LIST

Heading out with CIM on a Canoe trip? To make sure you are ready for the woods, please read this list of recommended personal gear. CIM will bring all the communal gear – tents, cooking etc. – but this list is for you, the participant.

Weather can be unpredictable and quick to change; so be prepared for all weather, at all times. Don't forget to consider what you will be wearing on the day that we head out. That counts as an outfit. Keep in mind – Most people bring WAY too much gear! When packing for a paddling trip we want to ensure we have everything we need, but try to pack as light as possible.

We'll be packing in waterproof 35L dry-bags. You can pick these up at MEC, REI or Canadian Tire! We encourage all of our campers to fit all of their main gear into a 35L pack – It might seem crazy, but it's totally doable!

CAMP CLOTHES

- 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

- Closed-toed shoes for the boat and water (these can be old running shoes)
- Closed-toed shoes for 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)

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/or CGM and supplies

OTHER

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

OPTIONAL

- Personal PFD (otherwise, will be supplied)
- Personal Paddle (otherwise, it will be supplied)
- Lightweight long underwear (optional)
- Eyeglasses and contact lenses to spare (if needed)
- Connected in Motion T-shirt (1)
- Small day pack
- Bandana
- Earplugs