



2023 ADVENTURE PACKING LISTS

[Winter Trips](#)

[Canoe Trips](#)

[Hiking Trips](#)

WINTER TRIPS

CLOTHING

- Underwear
- Socks (wool/fleece/synthetic)
- Warm clothes for lounge/sleep (sweatpants, hoodie, etc.)
- Thermal base-layer/long underwear (top and bottom)
- Warm over-layer (wool/fleece/synthetic)
- Warm waterproof jacket (ski jacket, parka, etc.)
- Snow pants or other waterproof pants with room for layering
- Warm toque
- Warm mitts/gloves (2 pairs)
- Neck warmer/scarf (optional)
- Warm winter boots
- Slippers/indoor shoes for inside the yurt (optional)

GEAR

- Sleeping bag (or blanket & sheets)
- Pillow
- Headlamp or flashlight (bring extra batteries!)
- Small day backpack
- 1L water bottle
- Cross-country skis, poles, boots (borrowing or renting options)
- Snowshoes (borrowing or renting options)
- Skates (borrowing or renting options)

OTHER

- Toiletries
- Towel (if planning on showering)
- Personal diabetes supplies
- Personal low snacks (bring extra!)
- Camera (optional)
- Sunglasses
- Folding camp chair
- Musical instrument, deck of cards, book, etc. (optional)



CANOE TRIPS

CLOTHING

- Underwear
- Socks (3-4 pairs, athletic or hiking socks)
- 1 set of warm clothes to lounge/sleep in at night
- Warm over layer (wool/fleece sweater)
- Light windbreaker/puffer jacket (optional)
- Quick-dry pants or leggings (1 pair, no jeans or cotton)
- Quick-dry athletic shorts (2 pairs)
- Quick-dry t-shirts/tank tops/long sleeve (2 pairs)
- Warm toque
- Brimmed hat/ballcap
- Buff or bandana (optional)
- Sturdy hiking shoes or boots
- Closed-toe shoes for the campsite (Crocs, Keens, etc.)
- Bathing suit

NOTE: CIM will provide each participant with a 35L dry bag upon arrival to use for the duration of the canoe trip. All of your personal clothing and gear (not including diabetes supplies, water, or items kept on your person) MUST fit into a 35L dry bag-less is more!

GEAR

- Warm sleeping bag (as small as possible)
- Sleeping pad (optional but recommended)
- Small pillow (optional)
- Headlamp or flashlight (bring extra batteries!)
- Small day backpack
- Fanny pack (optional)
- 1L water bottle
- Rain jacket (a must-have!)
- Rain pants (a must-have!)
- Personal PFD (optional—one will be provided)
- Personal paddle (optional—one will be provided)

OTHER

- Toiletries (biodegradable soap, toothpaste, sunscreen, etc.)
- Small pack towel
- Personal diabetes supplies
- Personal low snacks (bring extra!)
- Camera (optional)
- Sunglasses
- Musical instrument, deck of cards, book, etc. (optional)

HIKING TRIPS

CLOTHING

- Underwear
- Socks (3-4 pairs, athletic or hiking socks)
- Warm clothes to lounge/sleep in at night (sweatpants, hoodies, etc.)
- Warm over layers (wool/fleece sweater)
- Light jacket/windbreaker/puffer jacket
- Comfortable/quick-dry pants or leggings for hiking (no jeans or cotton)
- Quick-dry athletic shorts (2 pairs)
- Quick-dry t-shirts/tank tops/long sleeve for hiking
- Warm toque
- Brimmed hat/ballcap
- Buff/bandana (optional)
- Sturdy hiking shoes or boots
- Closed-toe shoes for the campsite (Crocs, Keens, etc.)
- Bathing suit
- Rain jacket (must have!)
- Rain pants (recommended)

GEAR

- Warm sleeping bag (any size)
- Sleeping pad (optional but recommended)
- Pillow
- Headlamp/flashlight (+ extra batteries)
- Small day backpack
- Fanny pack (optional)
- 1L water bottle
- Hiking poles (optional)

OTHER

- Toiletries (biodegradable soap, toothpaste, sunscreen, etc.)
- Towel
- Personal diabetes supplies
- Personal low snacks (bring extra!)
- Camera (optional)
- Sunglasses
- Folding camp chair
- Musical instrument, deck of cards, book, etc. (optional)
- Binoculars (optional)

2023 SLIPSTREAM PACKING LISTS

Northeastern

Western

Colorado

Southern

Ontario



NORTHEASTERN



CAMP CLOTHES

- Your underwear of choice (a couple of pairs)
- 2 pairs of socks
- 1 or 2 t-shirts (including a quick dry one)
- 1 pair of thermal/long underwear (top and bottom)
- 1 long sleeve t-shirt
- 1 pair of shorts
- Comfy clothes for lounging (jeans, hoodies, sweats, etc.)
- Rain gear (jacket and pants)
- PJs (hopefully matching plaid flannel)
- Light jacket (insulated)
- Light fleece or hoodie (not cotton)
- Brimmed hat
- Bathing suit & towel

SHOES/FOOTWEAR

- Slippers/sandals (indoor shoes)
- Running shoes and/or trail/hiking shoes

TOILETRIES

- Shampoo, conditioner, soap, body wash
- Brush/comb
- Toothbrush, toothpaste
- Personal items

Camping Equipment

- Sleeping bag
- Bedding for single bed (optional)
- Pillow

Diabetes Supplies and Medications

- Any meds you need, labeled
- Insulin and supplies (enough to last a week) – be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc.
- Glucose meter and supplies
- Your favourite low supplies
- Glucagon Kit (if you have one)

Other

- Camera
- Flashlight/headlamp (camp gets dark at night!)
- Sunglasses
- Sunscreen
- 1L water bottle
- Small backpack
- Glasses/contact lenses
- Bug spray

Optional

- Musical instruments
- Toque/wool hat
- Gloves/mittens
- Yoga mat
- Season specific sport equipment (Think tennis racket, your favourite dodgeball, frisbee, etc.)
- Cards/your favourite board game (you never know!)

WESTERN

CAMP CLOTHES

- Your underwear of choice (a couple of pairs)
- 2 pairs of socks
- 1 or 2 t-shirts (including a quick dry one)
- 1 pair thermal/long underwear (top and bottom)
- 1 long sleeve t-shirt
- 1 pair of shorts
- Comfy clothes for lounging - jeans, hoodies, sweats. etc.
- Rain gear (jacket and pants)
- PJ's (hopefully matching plaid flannel)
- Light jacket (insulated)
- Light fleece or hoodie (not cotton)
- Brimmed hat

SHOES/FOOTWEAR

- Slippers/sandals (indoor shoes)
- Running shoes and/or trail/hiking shoes

TOILETRIES

- Shampoo, conditioner, soap, body wash
- Brush/comb
- Toothbrush, toothpaste
- Personal items

Camping Equipment

- Sleeping bag
- Bedding for single bed (optional)
- Pillow

Diabetes Supplies and Medications

- Any meds you need, labeled
- Insulin and supplies (enough to last a week) – be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc.
- Glucose meter and supplies
- Your favourite low supplies
- Glucagon Kit (if you have one)

Other

- Camera
- Flashlight/headlamp (camp gets dark at night!)
- Sunglasses
- Sunscreen
- 1L water bottle
- Small backpack
- Glasses/contact lenses
- Bug spray

Optional

- Musical instruments
- Toque/wool hat
- Gloves/mittens
- Yoga mat
- Season specific sport equipment (Think tennis racket, your favourite dodgeball, frisbee, etc.)
- Cards/your favourite board game (you never know!)

COLORADO



CAMP CLOTHES

- Your underwear of choice (a couple of pairs)
- 2 pairs of socks
- 1 or 2 t-shirts (including a quick dry one)
- 1 pair thermal/long underwear (top and bottom)
- 1 long sleeve t-shirt
- 1 pair of shorts
- Comfy clothes for lounging - jeans, hoodies, sweats. etc.
- Rain gear (jacket and pants)
- PJ's (hopefully matching plaid flannel)
- Light jacket (insulated)
- Light fleece or hoodie (not cotton)
- Brimmed hat
- Bathing suit & towel

SHOES/FOOTWEAR

- Slippers/sandals (indoor shoes)
- Running shoes and/or trail/hiking shoes

TOILETRIES

- Shampoo, conditioner, soap, body wash
- Brush/comb
- Toothbrush, toothpaste
- Personal items

Camping Equipment

- Sleeping bag
- Bedding for single bed (optional)
- Pillow

Diabetes Supplies and Medications

- Any meds you need, labeled
- Insulin and supplies (enough to last a week) – be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc.
- Glucose meter and supplies
- Your favourite low supplies
- Glucagon Kit (if you have one)

Other

- Camera
- Flashlight/headlamp (camp gets dark at night!)
- Sunglasses
- Sunscreen
- 1L water bottle
- Small backpack
- Glasses/contact lenses
- Bug spray

Optional

- Musical instruments
- Toque/wool hat
- Gloves/mittens (just in case!)
- Yoga mat
- Season specific sport equipment (tennis racket, your favourite dodgeball, etc.)
- Cards/your favourite board game (you never know!)



SOUTHERN

CAMP CLOTHES

- Your underwear of choice (a couple of pairs)
- 2 pairs of socks
- 1 or 2 t-shirts (including a quick dry one)
- 1 pair of thermal/long underwear (top and bottom)
- 1 long sleeve t-shirt
- 1 pair of shorts
- Comfy clothes for lounging (jeans, hoodies, sweats, etc.)
- Rain gear (jacket and pants)
- PJs (hopefully matching plaid flannel)
- Light jacket (insulated)
- Light fleece or hoodie (not cotton)
- Brimmed hat
- Bathing suit & towel

SHOES/FOOTWEAR

- Slippers/sandals (indoor shoes)
- Running shoes and/or trail/hiking shoes

TOILETRIES

- Shampoo, conditioner, soap, body wash
- Brush/comb
- Toothbrush, toothpaste
- Personal items

Camping Equipment

- Sleeping bag
- Bedding for single bed (optional)
- Pillow

Diabetes Supplies and Medications

- Any meds you need, labeled
- Insulin and supplies (enough to last a week) – be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc.
- Glucose meter and supplies
- Your favourite low supplies
- Glucagon Kit (if you have one)

Other

- Camera
- Flashlight/headlamp (camp gets dark at night!)
- Sunglasses
- Sunscreen
- 1L water bottle
- Small backpack
- Glasses/contact lenses
- Bug spray

Optional

- Musical instruments
- Toque/wool hat
- Gloves/mittens
- Yoga mat
- Season specific sport equipment (Think tennis racket, your favourite dodgeball, frisbee, etc.)
- Cards/your favourite board game (you never know!)

ONTARIO

CAMP CLOTHES

- Your underwear of choice (a couple of pairs)
- 2 pairs of socks
- 1 or 2 t-shirts (including a quick dry one)
- 1 pair of thermal/long underwear (top and bottom)
- 1 long sleeve t-shirt
- 1 pair of shorts
- Comfy clothes for lounging (jeans, hoodies, sweats, etc.)
- Rain gear (jacket and pants)
- PJs (hopefully matching plaid flannel)
- Light jacket (insulated)
- Light fleece or hoodie (not cotton)
- Brimmed hat
- Bathing suit & towel

SHOES/FOOTWEAR

- Slippers/sandals (indoor shoes)
- Running shoes and/or trail/hiking shoes

TOILETRIES

- Shampoo, conditioner, soap, body wash
- Brush/comb
- Toothbrush, toothpaste
- Personal items

Camping Equipment

- Sleeping bag
- Bedding for single bed (optional)
- Pillow

Diabetes Supplies and Medications

- Any meds you need, labeled
- Insulin and supplies (enough to last a week) – be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc.
- Glucose meter and supplies
- Your favourite low supplies
- Glucagon Kit (if you have one)

Other

- Camera
- Flashlight/headlamp (camp gets dark at night!)
- Sunglasses
- Sunscreen
- 1L water bottle
- Small backpack
- Glasses/contact lenses
- Bug spray

Optional

- Musical instruments
- Toque/wool hat
- Gloves/mittens
- Yoga mat
- Season specific sport equipment (Think tennis racket, your favourite dodgeball, frisbee, etc.)
- Cards/your favourite board game (you never know!)