

DAYTIME PACKING LIST

HAT

LUNCH & SNACKS

SUNSCREEN (SPF 30+)

REFILLABLE WATER BOTTLE

ONE COMPLETE CHANGE OF CLOTHES Just In Case!

SUNGLASSES

ONE WARM SWEATER

Wool, Acrylic or Fleece

RAIN GEAR

Waterproof pants and hooded jacket. Soft shell materials are water resistant and will not hold up after a few hours of rain.

SHOES

Shoes that can get wet and will stay on your feet in the water. No flip-flops. .

WATERPROOF PHONE CASE

We have a dry bag that these can go in but if you'd like your phone on you please plan ahead.

SWIMSUIT AND TOWEL

For swimming and canoe over canoe rescue. (Weather Dependent).

OPTIONAL: NOTEBOOK

With Pen and Pencil for taking notes.