

## PARENTS EQUIPMENT/CLOTHING TIPS FOR BACKPACKING CANOEING TRIPS

The following basic items are suggested for backpacking and canoeing trips, along with helpful information on each. There are additional items necessary for “in camp” usage at the discretion of the Camp Director. Please keep in mind that this list is not all-inclusive but is intended as a basic guideline for assisting parents. Many items can be purchased at your local “thrift store” at considerable savings.

### UNDERWARE

- Cotton of your choice, or “fishnet.”

### TOPS

- IMPORTANT – WEAR IN LAYERS TO AVOID SWEATING

#### a. Inner Shirt

- Cotton T-shirt or polypropylene.

#### b. Outer Shirt

- Long sleeve, loose weave, soft finish. Use wool for cool weather, thin wool or cotton for summer. Avoid blue during fly season.

#### c. Sweater

- Wool or fleece button, snap or zipper front (keeps you warm even when wet, and provides warmth for cool summer evenings). Consider oiled wool type. DO NOT use sweatshirt (causes body to sweat and invites chilling, is VERY heavy and cold when wet). Pullover not good for hiking (poor ventilation).

#### d. Jacket

- WOOL jacket (a MUST if wool sweater is not taken). If sweater is carried, a light-weight parka over sweater is good choice for inclement weather.

#### e. Windbreaker

-With hood, preferably with cuffs that can be opened or closed for ventilation and with full front zipper. Prevents loss of body heat (perfect for hiking stops, windy summits, etc.).

### TROUSERS

- Tightly woven material, hard finish, not too tight or too long, no cuffs. Blue jeans and corduroy are NOT advisable for tripping (when wet, they take VERY LONG TO DRY). Best to choose durable combination cotton/polyester quick-drying material. Shorts are less satisfactory for hiking (scratches, bruises, sunburns, bug bites, etc.).

### HEADGEAR

- Crusher hat, or wool cap, in cool weather and for cool evenings. For canoeing trips a hat with a brim for eye protection. Furthermore, be prepared for insects and black flies with an insect headnet.

### PONCHO/RAINSUIT

- A MUST. Of good quality. NO PLASTIC. Poncho for hiking; rainsuit for canoeing.

### SOCKS

- New, no darns or patches (causes blisters). Wear two pair together – inner Cotton or synthetic for absorption and outer wool or wool combination for Warmth and cushion (even in summer). Carry extra pairs of each.

## **BOOTS**

- It is not necessary to buy heavy, expeditionary-type boots for trail hiking, but Sturdy “summer hiking” boots, cleated lug sole and heel, leather or suede Uppers, ankle support. Need not be excessively expensive. For best fit, try On boot with double socks. “Break in” BEFORE trip, not ON trip. A good Lightweight summer hiking boot can be purchased for under \$100. Avoid Sneakers and work shoes.

## **SLEEPING BAG**

- Check bag label for filler information. Consider 2 lb. Down filler or 3-4 lb. Dacron II or comparable substitute filler for Spring-Summer-Fall. Heavier Filler required for winter usage. Carry in waterproof stuff sack. Check for Sturdy zippers, well-finished seams. DO NOT BUY CHEAP BAG. NO COTTON BAG. Obtain advice from experienced backpacker and a reputable store.

## **FOAM PAD**

- A MUST. Closed-cell is a necessity for winter but also good for summer as it does not absorb water. Hip length size as minimum. Air mattress is NOT good substitute as it punctures, is heavier than foam to carry and is cold for cool or cold weather use.

## **TENT**

- We provide.

## **BACKPACK STOVE**

- We provide.

## **WATER BOTTLE**

- Two 1 quart plastic containers for hiking treks.

## **AXES, SAWS, KNIVES**

- Aside from a handy jackknife for general camp work (cutting rope, slicing food, Opening cans, and utility work) there is no need to take axes, saws, and large Knives into the woods. Do not bring them.

## **FIRST AID KIT**

- We provide one and the group should also bring one.