Required Clothing and Equipment list for Wilderness Canoeing/ Hiking Trip

This list has been time-tested for many years and refined by college students and leaders who have gone on these trips before you. You can benefit from their experience by following the four guidelines and the packing list below.

1. **Avoid 100% cotton clothing** because it performs poorly in the Adirondack environment. Use cotton/polyester blends or nylon pants instead of blue jeans, (please don’t bring blue jeans) Also, Fleece or wool sweaters instead of cotton sweatshirts are best to wear. Polypropylene or other synthetic long underwear is very useful, especially as a long-sleeved shirt.

2. **Keep the toilet kit small.** We will not be washing with soap in open water and most students have found it unnecessary. A toothbrush and toothpaste, a comb or brush, personal medications and contact lens supplies if needed. Women anticipating "feminine needs" during the outing should bring three sheets of paper from a magazine and a small ziploc baggie. We will provide guidelines on how to use them properly when you arrive.

3. **Journal writing is an important part of the experience.** A medium spiral notebook and a pen are good for this.

4. As with any camping trip, **avoid unnecessary weight or bulk.** Roll your clothes so that they take up less space and use large ziploc bags to organize and waterproof them.

For the two nights and three days, Beaver Brook Outfitters will provide if needed wet suit, booties & splash jacket.
You will need:

- **Sleeping bag in a stuff sack**
- Sleeping pad (for insulation, not just for comfort)
- **Rain gear - jacket and pants are best**
- Flashlight/Headlamp with/extra batteries
- Two 1 -quart or 1 -liter water bottles
- **Fork, Spoon, cup and bowl - plastic is best**
- Insect repellant
- Sunglasses
- Pocket Knife
- **Whistle**
- 1 pr. Water shoes or old sneaks for wearing in water (no open toe sandals)
- Pack towel
- Toilet kit

- **Warm wool or fleece hat (no kidding!)**
- **Brimmed hat for protection from sun and brush**
- 1 - T-shirt
- 1- long-sleeved shirt (non-cotton)
- Wool sweater or pile pullover [ no cotton sweatshirts] underwear
- Swim suit
- 1 pr. **long pants ( no blue jeans!)**
- 1 pr. **Hiking Boots/shoes**
- 3 prs. Wool or **synthetic socks**
- liner socks for **Hiking** to prevent blisters

Optional:
- Camp chair, like a Crazy Creek or Therma-rest. Paperback novel, for pleasure reading, Camera

Beaver Brook Outfitters will provide: Guides, all necessary canoeing gear, tents, food, cooking gear, tarps, 1st-aid and other group gear. If you pay close attention to the above list and guidelines our success will be assured.

See you on the River!

The Beaver Brook Outfitters Staff