



IAWAH Canoe Trip Packing List

Packing Notes

How to pack for a successful trip

Up to 7 day trips

You will be expected to fit your personal gear (water bottle excluded) including your compact sleeping bag within a 30 litre volume. Either you will share a 60 litre barrel pack with another tripper, or you will use a 30 litre dry bag. Barrels and dry bags are provided. Tents will be packed separately. If you desire, you may bring up to a 10 litre day pack for your rain gear, water bottle etc.

We recommend the following priorities when investing in tripping gear:

1. Nylon compression sack. This is useful for reducing the size of your sleeping bag and clothing. If you are just organizing your gear you may bring stuff sacks.
2. Good quality "necessities" – see list below. Second hand clothing stores may be good places to find quality non-cotton clothing.
3. Day pack – maximum size of 10 litres. Do not exceed 10 litres.

Over 7 day trips

Trips that exceed 7 days will require additional space. The basic list remains the same; however, you may need more of a few items and some of the luxury items (such as a compact sleeping pad) become "necessities". A separate packing list may be provided for these trips.

QUESTIONS? Please email the office at info@iawah.com to receive recommendations and answers to any questions that you may have.

Necessities

These are must--have items for your trip.

1 outfit that can get wet:

- Bathing suit (Note to girls: two-piece bathing suits work best. ie. tankini)
- 1 non-cotton* top
- 1 lightweight long sleeve cotton blend or synthetic or silk collared shirt
- 1 non-cotton* pair of pants or shorts
- 1 non-cotton* pair of socks (wool socks are great)
- Rain jacket preferably with a hood
- Sun hat (with a brim all the way around)
- Closed-toe shoes (NOT water-shoes) for swimming through rapids. Old running shoes work well.
- Pillowcase (plan to stuff your clothes into it to make your "pillow" each night)

* "non-cotton" – the goal is to have a fabric that dries quickly and wicks moisture away from the body.

Examples include 100% polyester, polypropylene, polyester blends, silk or nylon blends (not 100% nylon).

1 outfit that will stay dry:

- Long pants (quick-dry style if possible)
- Shirt
- Sweater (non-cotton preferable, fleece works great or light wool such as merino is even better)

- o Underwear
- o Warm socks (Merino wool is great)
- o Closed-toe shoes/sandals (not flip-flops, must have back strap in place)
- o Toque and light weight mini gloves

Other gear:

- o Sunscreen
- o Water bottle (reusable 1 litre minimum)
- o Toothbrush and toothpaste (travel size)
- o Headlamp or compact flashlight ("AA" or "AAA" only)
- o Sleeping bag (compact)

Luxuries

*These are items you may pack if you still have room **after** your necessities.*

- o Towel (half size)
- o Good quality, compact, self-inflating sleeping pads designed for canoe trips (3/4 length).
- o Extra socks
- o A secondary clean outfit / warm pajamas
- o Hairbrush
- o Bible, notebook and pen
- o Bug repellent
- o Deck of cards or old fashioned compact game

What NOT to bring

- o Flip flops
- o Radios/walkie-talkies
- o Cell phones, iPods, electronic games, etc.
- o Snacks (unless medically necessary)
- o Personal First Aid Kit – your trip leaders are trained to deal with First Aid and carry a comprehensive kit
- o Knife

Notes

Cotton:

Wet cotton sucks the heat out of your body, and stays wet longer than most other fabrics.

When you are on a canoe trip, you will get wet very fast without warning, so pack non-cotton clothes, to dry fast and stay warm!

Menstruation and tripping:

Bring pads and tampons even if you are not expecting your period, as it could come unexpectedly on your trip. As low-impact campers, we pack out all our garbage, and this includes tampons and pads. Your female trip leaders will explain how this works, and show you how to deal with it to avoid smells or messes. They will support you with good advice.