

Coastal Bliss Adventures

Clothing & Equipment Packing Checklist

Canoeing – Bowron Lakes and Sayward Chain Lakes

Price equipment and clothing by visiting www.mec.ca in Canada or www.rei.com in US

Principles:

1. Travelling light with all necessities (this is especially true on the Sayward Lakes)
2. Having as many things as possible be dual use.
3. Sharing use as much as possible.

For many canoe routes, weight is not necessarily an issue, just the space. Large suitcases full of stuff is a no-go. For the Sayward Lakes Canoe Tour, you need to think light, as well. Treat it like a backpacking trip.

ITEMS	QTY	Details	<input checked="" type="checkbox"/>
NECESSITIES			
FULL RAIN GEAR (warm layer #2)	set	Lightweight, but good quality. This is for keeping you dry and for wind break.	
SLEEPING BAG	pair	0° should be fine, but if you are cold-natured, go lower. It should also be lightweight and synthetic. <i>Avoid down sleeping bags</i> unless you know how to keep down dry in a wet environment.	
SLEEPING PAD	1	Closed cell foam is adequate, Thermarest products or their competitors add comfort.	
HYDRATION SYSTEM	1/2	Two 1 Litre Nalgene bottles work well enough. A dromedary bag is workable, but not as convenient for staying hydrated in a canoe.	
Canadian Cash		There might be stops with some purchase items possible.	
CLOTHING-GENERAL		This is what you should be bringing for clothing.	
Water shoes	pair	Flipflops are not recommended. Sandals that wrap your ankles are good, as are Crocs that still have the heel strap. We can also supply neoprene booties, if you want them.	
Sandals or light running shoes	pair	For in-camp frolicking!	
Toque/wool or fleece hat	1	Lightweight, but warm. This is for warmth.	
Hiking Pants/shorts (trousers)	2/2	You really only need one pair of pants. You can wear them every day. Long pants are better than shorts. Pants with zip off legs are a good compromise (CAREFUL-sunburn!)	
Hiking shirts	2	You can get by with one shirt, but two are generally okay on canoe trips.	
Jacket/Fleece (warm layer #1)	1	Thinsulate or Thermaloft are excellent jackets, lighter and warmer than fleece, but fleece will do.	
Socks	2-3 pair	Wool socks are still the best for hiking, but you might consider some of the new technical materials.	
Underwear	1-2 pair	Ladies: more, Gents: less, typically. How many do you really need? 1 pair of long underwear are helpful for warmth	
Swim wear		<u>Optional.</u> You can always swim in undergarments.	
Brimmed hat	1	Full around brim or cap. This is more for sun.	
CLOTHING-SPARE, DRY		Sacred dry clothes are packed in a dry place (Ziploc, garbage bag, dry bag), and only taken out and worn in the tent or when there is no rain/mist.	

Pant/warm pants	1 pair	Sacred dry!! Keep tightly wrapped in a dry bag.	
Shirt	1	Sacred dry!! Keep tightly wrapped in a dry bag.	
Underwear	1 pair	Sacred dry!! Keep tightly wrapped in a dry bag.	
Socks	1 pair	Sacred dry!! Keep tightly wrapped in a dry bag.	
FOOD GEAR			
Lightweight bowl/plate	1	Plastic keeps food hot better than metal, and it is usually lighter.	
Spoon/spork	1		
Insulated mug	1	Lightweight mug is helpful, not absolutely essential it be insulated.	
OTHER NECESSITIES			
Toilet paper	1-2	Gents: usually less than one roll; Ladies: usually more than one roll (take 2) Women: consider a pee rag. https://thetrek.co/pee-rag/ You will still need toilet paper (for the other wiping duties). A pee rag helps minimize the awful TP flowers often left around camps.	
Garbage/Ziplock bags	5+	5 large garbage bags for waterproofing purposes. Several large and small freezer ziplock bags are helpful for keeping smaller items in to keep them dry.	
Headlamp/flashlight	1	BRING EXTRA BATTERIES!	
Sunglasses	1	Important for on water!!	
FIRST AID			
Bandages/plasters	10	You know, Band-aids—a variety of sizes	
Blister bandages/plasters	10+	We recommend Johnson & Johnson's Band-Aid Blister Relief [also referred to as Compeed]. Obtain different size cushions. We have found these to be the most effective in treating and preventing blisters.	
Tensor bandage	1	Should be big enough to fully wrap a knee.	
Sunscreen	1	(SPF as needed) SMALL TUBE!!	
Duct Tape		DON'T bring a roll! Wrap some (2-3 mm layer) around your Nalgene bottle, or (6-7 mm layer) around something else.	
Feminine pads/tampons	enough	Ladies, typically, but Gents can bring extra for a partner.	
Medications	As needed	Ibuprofen, acetaminophen, etc., prescription meds. If your meds are life-sustaining, please bring an <u>extra set</u> for the number of days of the trip +1 to give to the guide as a backup! Very important!	
TOILETRIES			
Toothbrush	1	You don't actually <u>need</u> toothpaste! (Mindblower!) If your toothbrush has never seen toothpaste, it does not necessarily need to go into the food cache.	
Tooth paste	1	Small tube (but you really don't need it). <u>Really?</u>	
Towel	1	Small towel. Specialized camp towel or "Sham wow" type towel.	
Brush/comb	1	If NECESSARY!	
OPTIONAL ITEMS			
Shaving gear	0	<u>Really?</u>	
Camera	1	Camera? Phone? GoPro? This is a worthwhile thing to have for memories. Necessary? No, but it's one of those things that people really want to have. The trade off is all of those things in this list that ask " <u>Really?</u> " If you bring it, don't forget the extra batteries!	
Binoculars	1	<u>Optional</u> . Can be great for sighting birds or other wildlife.	
Soap/shampoo	½	A small amount, less than 3oz. Must be biodegradable. <u>Really?</u>	
Pen/Paper	½	A small notebook, maybe. You can take notes about the trip. A pen might be useful (ball point, not gel). <u>Really?</u>	
Knife	0	What are you going to cut? Do you really need a knife? <u>Really?</u>	

Gloves	0	You might bring some because your hands get exceptionally cold, but entirely not necessary. <i>Really?</i>	
Book	0	Read from the book of nature! But, a book can be helpful if caught in camp because of wind and weather.	
Bug spray	0	Recommended for canoe trips.	
<u>NOT NECESSARY AT ALL</u>		You really should not bring these items. They are not necessary.	
Bear spray	xx	Guides have this.	
Water purification	xx	Guides have this.	
Hatchet	xx	Just not necessary and heavy.	
Bum pad	xx	We supply them.	

If you are travelling with a partner or group, you will want to talk together to share things, not each of you bringing the same things. E.g., sunscreen-one tube per group of three to four is usually enough.

Fishing Gear

A Licence is required if you intend to fish.
Fresh water licences can be purchased online:
www.fishing.gov.bc.ca
Let your guide know you intend to fish.

A change of clothes may be left in the van for our return to our departure point. It must be cautioned however, that by leaving items in the van, you agree to assume full responsibility for your choice.

- Organize all equipment and clothing in many, small waterproofed bags. Stuff sacks (nylon bags with drawstring closures) in various sizes (available at outdoor stores), lined with plastic ziplock or plastic garbage bags are ideal for this purpose.
- Gear should be organized into categories; i.e. toiletries, extra clothing, camp wear, first aid, etc.

As a general guideline, your clothing will need to fit into a 20 and 10 litre dry bags, your rain gear into a 5 litre dry bag, and your remaining personal items into a 10 litre dry bag.

We will provide you with dry bags for use during the trip.

- Keeping your sleeping bag dry is extremely important. Do not rely on the manufacturer's claim that the sleeping bag stuff sack is waterproofed. Insert 2 plastic garbage bags in your stuff sack and then twist the top securely, and tuck into nylon stuff sack.
- Cameras should be given special attention. Water can seriously affect internal mechanism if unprotected. Cameras should be insured and stored in a commercially produced, i.e. *Pelican*, waterproofed hard shell case. You may want to consider a 35 mm one time use waterproof camera for the trip. Also consider the panoramic disposable cameras for wide angle shots.

Although our canoes are able to accommodate a fair amount of equipment, there is a limit. One very important question to continually ask yourself when packing is whether you will really need that item. If it's not on the packing checklist, it's probably not necessary. **If travelling with a partner, see what items can be shared in order to avoid duplication.** If there is any doubt, please contact us.

Organizational Options

Nylon Stuff Sacks

Basic nylon stuff sacks keep gear and clothing safe from occasional splashes and drips. The items in them may be water-proofed if the items are placed in sealed plastic bags or garbage bags inside the stuff sack. Stuff sacks help to organize small items such as clothing, food and camping gear inside larger packs or dry bags.

Nylon mesh bags are great for storing wet gear

Ziplock Bags

They're watertight, come in a variety of sizes, and are easy to open and close.

Dry Bags

Dry bags are tough, waterproof storage sacks made of coated nylon or PVC (a durable, rubberized fabric). They come in a number of different styles and sizes, from large backpack- sized models with built-in shoulder straps, used for canoeing and portaging, to simple, clear- plastic sacks designed to keep small items dry.

Most dry bags are sealed by rolling the collar of the bag down upon itself (as many times as possible), then buckling it closed to seal out water.

Keeping your sleeping bag dry is of extreme importance. Do not rely on the manufacturer's claim that the sleeping bag stuff sack is waterproof. Insert a plastic garbage bag in the stuff sack and **then** stuff the sleeping bag in. As additional protection, use two garbage bags inside the stuff sac.

One very important question to continually ask yourself when packing is whether you will really need that item. If it's not on the packing checklist that we provide, it's probably not necessary.

For Canoeing we provide you with a large dry pack, with carrying straps and hip belt for portaging. You may wish to pack your personal items in smaller bags, which then go into the big dry bag. I find this helps me keep my stuff organised and I am better able to find things when I need them, and less likely to loss