

## Packing List

*If you are missing anything on this list, please let us know and we will do our best to provide you with what you need.*

Outdoor camping means that there are no shower facilities (except to jump in the lake!) so there is no need to bring shampoo or soap. We move from campsite to campsite each day and carry our own gear, so the less stuff you bring, the better. Make sure to bring clothes and shoes that you don't mind getting wet and dirty, because they probably will!

**On the first morning, you should come wearing your daytime clothing (see below).**

### Clothing

- 3 pairs warm wool socks
- 1 pair shorts or long johns for sleeping (avoid cotton)
- 1 pair of shorts for trip (no jeans or cotton)
- 1 T-shirt or warm shirt for sleeping (avoid cotton)
- 1 T-shirt or collared shirt (no cotton)
- 2-3 changes of underwear
- 1 loose long sleeve shirt (no cotton)
- 2 warm sweater (Synthetic fuzzy fleece or wool is best)
- 1 loose pair of pants (no jeans or cotton)
- 1 Warm winter hat or toque
- 1 Bathing suit
- 1 waterproof rain jacket (rain pants optional)
- 1 Pair of shoes to stay dry (the less bulky the better, but NO flip flops please)
- 1 Pair of running shoes that can get wet (will be worn swimming, paddling, and portaging)
- 1 Baseball cap or sun hat
- 1 bra (if you wear one)
- Sunglasses
- optional sports bra (x1), if you prefer not to wear your swimsuit underneath your day clothes

*\*Please note that warm, compact, sleeping bags are provided by Project Canoe*

On the first day of trip, we'll be taking gear out of your bag and sorting it into four sets: 'sanctuary items', 'campsite items', 'daytime items' and 'smelly items'. You can help speed this up by **presorting** your clothing.

**'Sanctuary' Items:** These items you use every night, ONLY for sleeping. The rest of the time they stay inside your sleeping bag, at the bottom of your driesack, to ensure you're warm, dry, and free of food smells at night -no matter what the weather.

**Daytime Items:** Consider these your wet clothes. This is what you put on every morning, even if

### Other

- Flashlight or Headlamp (and extra batteries)
- 1 water bottle (1L volume)
- Tampons and/or pads
- Toothbrush
- Toothpaste
- Insect repellent (not in an aerosol spray can)
- Sunscreen (not in an aerosol spray can)

### Optional

- journal and pencil/pen
- waterproof disposable camera
- small brush or comb
- small and compact book/game

### **Please leave these things in the city:**

*If you come to Project Canoe with these items you will be asked to leave them at base-camp.*

- MP3 players/iPods
- CD players
- Cell Phones
- Watches and other jewelry
- Other electronics
- Anything that you would hate to lose or break

***Note: Anyone who brings alcohol, drugs or weapons to Project Canoe will be removed from trip immediately.***

they're still a little wet, and wear during the daytime/travel. These items do not go in your drysack.

**'Campsite' Items:** these are dry, comfortable, loose fitting clothes to wear around the campsite every evening and at the campfire. In the daytime these clothes will stay in your drysack. The idea is for these clothes to protect you from bugs and cold, and keep you comfortable around camp at the end of the day.

**'Smelly' Items:** these are your toothbrush, toothpaste, sunscreen and bug spray. These items need to be separate from your other gear.

## Important Notes and Reminders

### Removal from a Trip

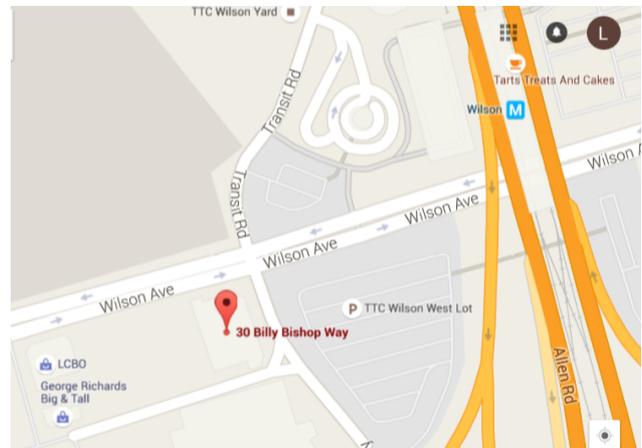
- Youth may be removed from a trip if they do not abide by the Youth Commitment (page 7).
- Youth may be removed from trip if there are issues of his or her own safety or the safety of others.
- If a youth is removed from the program, it is the responsibility of the parent/guardian to cover the costs associated with transportation and adult accompaniment from Algonquin.

### Transportation

Project Canoe provides a bus that will leave from Toronto and drive youth and staff to Algonquin Park.

The pick up and drop off location are in the parking lot of Michaels located at 30 Billy Bishop Way. This is accessible via TTC Wilson Station.

Youth are asked to arrive at **8 am on the day of their trip** and will be expected to return at approximately **5:30 pm on the last day of trip**.



### Prescription Medications

While on the trip, medications are kept with trip leaders in waterproof containers. Trip leaders ensure medications are dispensed on time. If the youth is taking medication **you must arrange to bring an extra 3-day supply**. (more than needed). For medications that are of a more serious nature and for longer trips an extra 7-14 day supply of the medication is required.

**Medication must be stored in the original labeled medication container(s).**