



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!

Clothing

- 1 Baseball cap or sun hat
- 1 Bathing suit
- 1 Pair of warm pants (No jeans please!)
- 1 Pair rain pants
- 1 Pair long underwear
- 1 Pair of shorts
- 3 Pairs of socks (Wool socks are best)
- 4 Pairs of underwear
- 1 Raincoat (Must be waterproof)
- 1 Sweater (Synthetic fuzzy fleece or wool is best)
- 2 T-shirts
- 1 Long-sleeved shirt
- 1 Pair of running shoes that can get wet
- 1 Pair of shoes to stay dry (No flip flops please)

Other Items

- Warm, compact sleeping bag
- Toothbrush
- Toothpaste
- Insect repellent (not in a spray can)
- Sunscreen (not in a spray can)
- Sunglasses

- Tampons and/or pads
- Flashlight (and extra batteries)

Optional Items

- Journal
- Pen
- Disposable camera

Important Notes and Reminders

Please leave these things in the city:

MP3 players/iPods

Cell Phones

Watches and other jewelry

Other electronics

Anything that you would hate to lose or break

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

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

Removal from a Trip

Youth may be removed from a trip if they do not abide by the Youth Commitment (page 4). 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.

Youth are asked to arrive at 7:30 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).