

The following is a list of all personal equipment needed to have a comfortable canoeing experience with the Troop. It is designed to help you prepare and gives you an idea of how each piece of gear will be used. Because weather is unpredictable, there is no guarantee that all of the equipment will be used and there might be a few adjustments as weather conditions become more obvious. Please keep the following in mind as you prepare:

- Layering:** Layering means wearing numerous items of thinner clothing rather than one heavy item. Layering allows you to adapt your clothing to a variety of weather conditions. Start with thinner, tighter layers near the skin and move to heavier, looser layers away from the body. Top it off with a wind-proof layer and you have an excellent clothing system.
- Fabrics:** A great number of fabrics are used in outdoor clothing, often with different names for the same thing. Some simple rules: (1) **Avoid cotton** - T-shirts are nice to have along, but when wet, cotton loses all of its insulating value and should not be relied upon for outdoor use. (2) Wool and/or synthetic clothing is recommended - these fabrics do not hold as much water and do not lose insulating value when wet. Avoid blue jeans (they are cotton); look for blended synthetic pants. Synthetic long underwear or fleece is perfect for a variety of conditions.
- Wet/Dry:** Generally, you will have one set of clothing that you wear in the canoe (and likely will get wet) and a second set of clothing/gear that you use once we reach the dry campsite (and should be protected from getting wet while in the canoe). Warm clothing layers may be needed in the canoe if the temperatures (both air and water) are cold. Long sleeved shirts and pants are better at protecting you from the sun.
- Packing:** All personal gear should be stored in a backpack or duffel bag that can be secured to the canoe, using straps or a piece of rope. Put a large plastic bag inside the pack/bag to keep your contents dry. A separate small daypack is nice to have along for storing items that you want easy access to while canoeing (lunch, sun screen, camera, etc.).

### Footwear

Equipment	Quantity	Comments	Check List
Wet shoes	1	Your feet <i>will</i> get wet. An old pair of hiking boots or sneakers makes an excellent wet shoe. Neoprene booties with a sole or specially designed wet boots are also an option, but not a requirement. Waterproof boots offer no advantage and won't drain well when filled with water.	
Campsite shoes	1	Tennis shoes or other light shoe with closed toe for the campsite. No flip-flops, as these do not protect your feet.	
Socks	2	Medium wool or synthetic - one for the canoe and one for the campsite.	

### Upper Body Layers

Equipment	Quantity	Comments	Check List
Quick-dry long-sleeve lightweight shirt	2	Long-sleeve protects your arms from the sun. A collar is nice to have, also for sun protection. T-shirts are OK, as long as they are NOT cotton. One for the canoe and one for camp.	
Light to mid-weight long underwear top	1	A base layer for cold days. Generally not needed while canoeing, but may be necessary early in the morning until you get warmed up.	
Thin fleece or heavy long underwear	1	Any secondary fleece layer of 100-200 weight. This is your "middle" layer.	
Fleece jacket	1	Should fit over other layers. This is your "top" warmth layer.	
Nylon wind top	Optional	Should fit over all layers. Allows you to have a lightweight	

		breathable layer for when it isn't raining. A rain jacket is often a viable substitute for this wind-break layer, particularly if your rain jacket is <i>Gore-Tex</i> (or similar).	
Rain jacket with hood	1	Waterproof and durable. Should fit over all layers. <i>Gore-Tex</i> (or similar) is nice, but quite expensive and not essential. Ponchos are not acceptable and are very dangerous in the event of a capsized canoe.	

### Lower Body Layers

Equipment	Quantity	Comments	Check List
Quick-dry long pants	2	One for the canoe and one for camp. Zip-off pants are a good choice, as they protect your legs from the sun, yet can become shorts as desired.	
Light to mid-weight long underwear pants	1	For the cooler nights as needed. Can be used as a base-layer in the canoe on cold days.	
Fleece pants	1	Worn over the base layer	
Nylon wind pants	Optional	Should fit over all layers. Allows you to have a lightweight breathable layer for when it isn't raining. Rain pants are often a viable substitute for this wind-break layer, particularly if your rain pants are <i>Gore-Tex</i> (or similar).	
Rain pants	1	Waterproof and durable. <i>Gore-Tex</i> (or similar) is nice, but quite expensive and not essential. Ponchos are not acceptable and are very dangerous in the event of a capsized canoe	
Underwear	2	Synthetic is recommended for its drying capabilities. Cotton underwear will not dry after it gets wet. One for the canoe and one for the campsite as necessary.	

### Head, Neck, and Hand Layers

Equipment	Quantity	Comments	Check List
Baseball cap or wide-brim sun hat	1	To protect ears and face from the sun. A chin strap is recommended for windy conditions.	
Wool/fleece hat	1	Anything that will cover your ears.	
Paddling gloves	Optional	Nice to have for colder days, to protect against blisters and the sun. More of a luxury item. Must be capable of getting wet.	
Camp gloves	1	For those cooler nights in camp.	
Bandanas	Optional	Nice for protecting the neck. Great for using with DEET bug spray so it does not de-waterproof your gear.	

### Sleeping Equipment

Equipment	Quantity	Comments	Check List
Sleeping bag	1	A synthetic bag rated to 20 degrees F. Even though this is not winter camping, the evenings can still get cold. Down bags are not recommended, as they lose their insulating value if they get wet. Should pack reasonably small.	
Sleeping pad	1	To serve as an insulator between you and the ground. Closed-	

		cell foam (3/8" thick) or an inflatable pad such as Thermarest is acceptable. Old-style blow-up mattresses are not.	
Sleeping bag compression stuff sack	Optional	A waterproof stuff sack is recommended for canoe trips. A compression sack will help reduce the size of your sleeping bag and make packing easier.	
Sleeping clothing	Optional	Comfortable sleeping clothes for those that like to wear them. Put inside your sleeping bag, so they are easily accessible when going to bed. Clothes worn during the day do not make good sleeping clothes.	

### Miscellaneous Personal Gear

Equipment	Quantity	Comments	Check List
Dry bags	2-3	Small stuff sacks that will be easy to pack. There are specialty dry bags available, but a plastic bag placed inside a regular stuff sack also works well. No larger than 20 L.	
Sunglasses with floating/keeper strap	1	Any good quality sunglasses with 100% UV protection will work. If you wear prescription glasses and have impaired vision without them, bring prescription sunglasses with high-quality keeper straps. Polarized glasses are a plus on the water.	
Sunscreen	1	Make sure it is at least SPF 30 or greater. If you burn easily, bring zinc oxide.	
Lip balm	1	Stick or cream. Make sure it provides sun protection.	
Insect repellent	1	Small bottle. Non-aerosol. DEET de-waterproofs your gear.	
Instant hand sanitizer	1	For keeping hands clean.	
Water bottle	1-2	Wide mouth quart or liter sized.	
Toiletries	NA	Toothbrush and paste, prescription meds, toilet paper. Avoid odorous items. No deodorant, soap, or shampoo needed on a weekend trip (really).	
Prescription glasses or contact lenses	NA	Bring a spare set if this pertains to you. With keeper strap.	
Small towel	1	Don't bring a large beach towel. Carry with you in the canoe.	
Personal mess kit	1	Plate, cup, and utensils (plastic or metal). Group cooking gear supplied by the Troop.	
Headlamp or flashlight	1	For night time.	

### Optional Gear

Equipment	Quantity	Comments	Check List
Camera	1	Small, light, durable, and waterproof (or with waterproof case). Cameras sink and need to be protected.	
Small daypack	1	Separate from your main pack. Useful for storing items that you need easy access to while in the canoe. Should be secured to the canoe by strap or rope. Will likely get wet, so use plastic bags to keep necessary items dry.	
Personal first aid kit	1	Nice to have with a few essentials (such as band-aids). The	

		Troop carries a complete first-aid kit.	
Pocket knife	1	Must have Tot'n Chip.	
Matches/Fire-starter	NA	Must have Firem'n Chit.	
Fishing gear	1	Personal preference. Know the rules about licensing.	
Maps/Compass	1	Nice to know where you are and where you are going.	
Binoculars	1	Small, lightweight binoculars allow you to see some neat things.	
Book	1	For those personal times. The BSA Scout Handbook is a good one to carry if you need to work on advancement. Just make sure it stays dry.	
Mosquito head net	1	A light nylon head net. Not typically need outside of the summer months.	