

# SOLO - Palmer Trip

## Clothing List

| Item                                          | Use/Type                                                                                                                                                                                                                                                     |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Peaked ball cap/Sun hat                       | To provide shade from sun                                                                                                                                                                                                                                    |
| Toque                                         | For warmth                                                                                                                                                                                                                                                   |
| Buff &/or bandana                             | For sun protection                                                                                                                                                                                                                                           |
| Swim suit                                     | We recommend students opt for durable, functional one-piece bathing suits or swim shorts/swim shirt sets.                                                                                                                                                    |
| 2 Pairs of quick-dry shorts                   | Can be used as swim suits                                                                                                                                                                                                                                    |
| 2-3 T-shirts/tank top                         | One t-shirt must have short sleeves for sun protection                                                                                                                                                                                                       |
| Long pants (RAD- rapid-air dry)               | NO jeans or jogging pants (not needed if you have wind pants to go over long underwear)                                                                                                                                                                      |
| 2 Long underwear tops & bottoms               | Wool or synthetic material - No cotton (one set for on the water and one set for around camp).                                                                                                                                                               |
| Long sleeve fleece or wool shirt              | Must be large enough to fit over long underwear top                                                                                                                                                                                                          |
| Rain jacket & pants                           | Must be reliable & large enough to fit over layers                                                                                                                                                                                                           |
| 1 pair of "Trip" shoes<br>(aka "Wet" shoes)   | Must be sturdy, closed toed footwear that have good ankle support. These shoes will be worn during the day (when travelling/portaging); these will get wet (i.e. running shoes or hiking shoes/boots) Water shoes & sandals are not acceptable "trip" shoes. |
| 1 pair of "In-Camp" shoes<br>(aka Dry" shoes) | These will be worn in & around camp. Breathable shoes or sandals with secure top & heel straps are acceptable. Absolutely NO flip-flops.                                                                                                                     |
| 2 pairs of wool socks                         | No cotton.                                                                                                                                                                                                                                                   |
| 2 pairs of underwear                          | Avoid cotton if possible.                                                                                                                                                                                                                                    |

## Gear List

\*\*\*Please do not bring hammocks as they have been known to cause injury\*\*\*

| Item                                                       | Use/Type                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| PFD (Personal Flotation Device)                            | Canadian approved - proper fit with all buckles & straps in working order                                                                                                                                                                                                        |
| Sleeping Bag                                               | Preferably smallish when packed                                                                                                                                                                                                                                                  |
| 4' x 8' ground sheet                                       | Tarp-like material or heavy duty plastic is best                                                                                                                                                                                                                                 |
| Thermarest or insulate pad                                 | Please try to avoid thermarests or pads that do not roll up into a <b>small</b> cylinder                                                                                                                                                                                         |
| Small dry bags                                             | 10L bags are great. 20L bags are satisfactory. 30L bags do not fit properly into our packs. Total of all bags (including your sleeping bag) should not exceed 30L.                                                                                                               |
| Small nylon stuff sacs                                     | To organize your personal gear as needed                                                                                                                                                                                                                                         |
| 2 (1 Litre) water bottle(s) with carabiners                | A wide-mouth screw-top is best! Stainless steel, aluminum or plastic (BPA-free).                                                                                                                                                                                                 |
| Cup, bowl, spoon                                           | Sturdy Tupperware bowl with lid (i.e. "short" Nalgene containers with screw-top lid)                                                                                                                                                                                             |
| Pocket knife or multi-tool                                 | No blades greater than 4" will be permitted. Must have a locking blade (no river knives).                                                                                                                                                                                        |
| Lighter and/or matches                                     | Make sure they are in a waterproof bag (i.e. Ziploc)                                                                                                                                                                                                                             |
| 1 Whistle                                                  | Attached to your PFD                                                                                                                                                                                                                                                             |
| Headlamp or flashlight                                     | With extra batteries                                                                                                                                                                                                                                                             |
| Insect repellent                                           | No aerosols                                                                                                                                                                                                                                                                      |
| Toiletries                                                 | Toothpaste, toothbrush, dental floss, hand sanitizer (max 30ml), comb, toilet paper (small roll). Bring all items in a small bag with a pull string or in a Ziploc                                                                                                               |
| Sunscreen, lip block, sun glasses                          | 20-30 UVB/UVA (broad spectrum) Sunglasses with UV protection – minimum SPF 15                                                                                                                                                                                                    |
| Nylon Cord                                                 | ~3m in length & diameter of a shoelace. Used for making clothes line(s)                                                                                                                                                                                                          |
| Tampons or pads (feminine)                                 | Please bring even if you're not expecting your period on trip. Should include the appropriate disposal materials (aluminum foil squares, Ziploc bags and an air-tight container)                                                                                                 |
| Camera, watch (with alarm), book, playing cards (optional) | A watch is very useful to have on trip! Camera's help us create slide shows ☺                                                                                                                                                                                                    |
| Glasses &/or contacts                                      | Bring extra pair of glasses/contacts in case of damage (chums/strap so that they don't get lost).                                                                                                                                                                                |
| Prescription Drugs, inhalers, epi-pens                     | Please bring 2 sets of required medications. Students will keep 1 set & staff will keep other set safe in case 1 is lost or spoiled                                                                                                                                              |
| Juice Crystals (Optional)                                  | A reasonable amount (No more than enough for ~1L per day)                                                                                                                                                                                                                        |
| Energy/Granola Bars/GORP                                   | This is your snack for trip. This could be a reasonable quantity of GORP (~100g/day) and/or granola/energy bars. Bars are better as you can throw them in your PFD while you are on the water and they do not get wet. Please ensure all GORP/bars are peanut and tree nut free. |

### DO NOT BRING

Any alcohol, cigarettes, e-cigarettes (including vape-pens) or any other non-prescribed drugs- you will be evacuated from the course at **YOUR OWN** expense. Any electronic devices such as cell phones, iPods, etc.

Any deodorant, antiperspirant, make-up, soap, shampoos, etc.