

PERSONAL GEAR, CLOTHING, ETC.

PERSONAL PACK - INTERNAL FRAME BACKPACK OR CANOE PACK, 65-100 LITRES
All gear must fit into one pack (except where noted)
All gear must be in waterproof containment

CLOTHING (note that quantities include the clothes you are wearing)

FOOTWEAR

socks (3) - quick dry, water-wicking, or wool/synthetic mix
shoes, hiking (1) OPT: sandals (1) Substitute for hiking: shoes, river runners (1)
shoes, runners (1) - kept dry for inside the camp use only

UNDERWEAR

underpants (3) T-shirts (3)

MIDDLEWEAR

long sleeve shirts (2) turtleneck (1) for sleeping
pants (2) or convertibles (no jeans) shorts (1) or convertibles
Sweater or Sweatshirt (1) **NOTE:** sweater/sweatshirt can be made of wool, fleece, or synthetic pile
bathing suit (1)

OUTERWEAR (note that rain suit should be readily accessible from the pack without too much delay)

rain jacket & pants (1) jacket or windbreaker (1)
bug suit with hood (1) bug shirt with hood (1) - if no suit is available

TOPWEAR

hat, brimmed with chin strap (1) bandana (2) bug hat (if bug suit doesn't have a hood)
glasses chums (strap), if necessary extra prescription glasses (1), if necessary sunglasses (1)

NOTES ON CLOTHING:

- . **Always Keep One Set of Clothing Absolutely Dry for Camp Wear and/or Emergency Use ONLY. Quantities above include this consideration.**
- . Wool or wool mixes are rugged & retain ability to hold warmth even when wet - cotton and synthetics do not. Most suitable in sweaters and socks.
- . Quick dry synthetics are much better than cotton
- . Polypropylene synthetics are best for wicking water away from body - most suitable in underwear, T-shirts, and socks
- . For rain gear, never use ponchos, or "water repellent" gear or cheap plastic gear. Purchase rain gear based upon "performance" criteria.

SLEEPING & NIGHT EQUIPMENT

sleeping bag (1) compressible pillows (1) OPT: liner sheet/blanket (1) - for sleeping bag
sleeping pad (1) or Therma Rest Pad (1)
Flashlight (1) Spare Bulb & Batteries OPT: tent lantern/lamp

STOWED AWAY - ACCESSIBILITY IS NOT NEEDED UNTIL END OF TRIP

Camping Wallet (in safe & waterproof place) Car keys (in safe & waterproof place)

see **PERSONAL LIST 2: RECREATION** for additional items that can go into a Backpack, Day Pack.

TOILETRIES & PERSONAL CARE

Toilet paper Face Cloth Towel

The following should be in a small container that can be separated from the Backpack and attached to the FOOD PACK for hanging in a tree
Toothpaste Toothbrush Floss
Soap Shampoo
Nail clippers Personal bug repellent, small container OPT: Shaving kit
Note: Where possible use biodegradable substances.

MEDICATION

Always have a written set of instruction in your personal medical kit, in case someone else needs to be aware of them in the event of an injury in an emergency. Must contain warnings about mixing meds, treatment, extra.

PERSONAL - WITH YOU AT ALL TIMES

Lanyard w Whistle, Compass, Matches (1) - **on your person at all times** Water bottle or Canteen on a 'biner

The following may be packed with the KITCHEN PACK, or kept with your personal pack IF they are clean and odour-free.
Cup, Plate/Bowl, Cutlery