

## **OUTDOOR EDUCATION – CLOTHING LIST**

(3-day/2 night stay – canoe trips)

- 1 Sunhat with large brim e.g. Tilley style. Baseball caps do not protect your neck in the canoes
- 1 pr. Canvass Runner or Walking Shoe
- 1 pr. Sport Sandal or other comfy shoe
- 1 pr. Rubber Boots
- 1 pr. Water Shoes (weather permitting)
- 4 pr Socks (wool is best since they will get wet. Cotton is OK for the night-time)
- 3 pr. Underwear
- 1 pr Long underwear (wool or synthetic)
- 2 pr. Shorts (cotton/nylon)
- 1 pr. Pants NOT **DENIM**. Best choice: nylon "Rad pants" or fleece pants, or Army pants.
- 1 pr. Shorts (nylon dries fastest, but cotton is OK) (Rad Shorts are Recommended)
- 1 Bathing suit (nylon/quick dry)
- 2 T-shirts (increase the amount if weather indicates expected high temperatures)
- 1 Lightweight long-sleeved shirt (e.g. flannel)
- 1 Warm sweater - wool or solar fleece. Cotton sweatshirts dry slowly.
- 1 Rainsuit with hood **IMPORTANT NECESSITY**
- 1 pr. Pajamas
- 1 Beach or Bath Towels
- 1 Sleeping Bag with nylon stuff sack
- 1 Water Bottle
- 1 Sierra Cup (shallow metal model) or insulated plastic mug
- 1 Insect Repellent (non-aerosol – pump or cream)
- 1 Waterproof Sunscreen (30 SPF recommended)
- 1 Flashlight (small)
- 1 additional set of clothing to wear home and towel for shower**

**TOILETRIES:**

Hair Brush, Comb  
Shampoo, Creme Rinse (biodegradable)  
Soap (liquid soap preferred & biodegradable)  
Toothbrush (enclosed in a holder) & Toothpaste  
Other personal items  
Toiletory Bag

**OPTIONAL:**

Camera  
Baseball Glove  
Bandana

<p><b>PLEASE LABEL ALL PERSONAL ITEMS CLEARLY</b></p>
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