

What should I bring?

THINGS FOR THE CANOE EXPEDITION

Attached to this page is the expedition clothing list. It lists everything that you need for the canoe expedition. It is a long list, but make sure that you go through it carefully. Items that are marked by a small star * you can borrow from NOLS if you don't have them. You do need to take all these items on the list with you on the canoe expedition to make sure that you stay warm and dry. Do not bring extra items that are not on the list, remember, you will be carrying everything you bring with you out in the bush and there is no room in the canoes for extra stuff.

You are allowed to bring snacks on the expedition, but these will need to be kept in food barrels and not in your personal gear. Good snacks include dried meat, granola bars, chocolate bars, energy bars, and other high energy, dense foods that do not need to be kept cold. Regular food will be provided.

DO NOT bring pop, chips, bulky foods OR any food that will go bad quickly. Remember, you may be asked to share your food with others!

THINGS FOR INUVIK AND THE TRIP TO EDMONTON

You will need to bring some things for your time in Inuvik and the trip to Edmonton. You will be staying in Inuvik for one day before the canoe expedition and one day afterwards. The trip to Edmonton is for 3 days.

Please bring:

- enough clothing for that time
- toothbrush, shower items, towel etc
- money - while you are in Edmonton, your meals and transport will be paid for. We will be taking a trip to the West Edmonton mall so you may want to bring some money to spend there, as well while you are in Inuvik, you will need to pay for your meals

Clothing List

You need to bring everything on this list except for the ones marked optional – these are your choice to bring if you wish. We ask you not to bring items that are not on the list or extras of what is listed, remember everything you bring must be carried with you!

At the beginning of your course, your instructors will go through your clothing and make sure what you have brought is appropriate. This is important because items like long johns made of cotton will not keep you warm enough, but long johns made of polyester will. Pay careful attention to the type of fabric your clothes are made from – almost nothing should be cotton.

- You can bring a fishing rod if you want.
- If you have prescription medication, bring a second set to store with instructor as a spare.
- If you wear glasses, bring a retaining strap. Bring a back up set of glasses or contacts.

Footwear

- Shoes 2 pair **“Wet”** Shoes are for day wear on the canoeing section and will be wet most of the time. A pair of running shoes or light hiking boots are good choices.
“Dry” Shoes are for wearing around camp/rock climbing/jogging. A good fit, and solid sole are essential. A solid pair of running shoes or light hiking boots are good choices. Bring a plastic bag to pack them in.
- Sturdy Sport Sandal (Optional Item) 1 pair Recommended as an extra pair of shoes; appropriate for wearing around camp only; good for airing out feet after being in wet shoes all day.

Base Layer

- Socks 5-7 pair Wool or synthetic; medium to heavy weight. NOT COTTON
- Underwear 6-8 pair 50/50 polyester/cotton blend is best, although cotton is acceptable.
- Long Underwear 2 sets Synthetic or light wool only; tops and bottoms. (Please do NOT bring cotton, waffle weave or cotton-lined long johns as they get wet and stay wet.)
- Sports Bra 2 Sport bra style recommended for comfort.

Insulating Layer

- Gloves 1 One pair of light wool or light fleece.
- Toque 1 Wool or fleece hat ...yes, even in the summer!
- T-Shirt 4 50/50 polyester/cotton blend is best, although cotton is acceptable.
- Long-Sleeve Shirt 1 50/50 polyester/cotton blend is best, although cotton is acceptable.
(for sun and bug protection)
- Fleece Jacket* 1 Pull-over, jacket or sweater in 200 or 300 weight fleece (medium – heavy weight) or wool.
- Warm Pants* 1 200 weight fleece pant or lightweight wool.
- Shorts (optional) 1 Nylon, quick-dry.

Shell Layer

- Wind Pants* 1 Lightweight, polyester or nylon pant.
- Wind Jacket 1 Nylon, lightweight, loose fitting to go over pull-over/fleece jacket.



Rain Gear

- Rain Pants 1 Coated nylon, or Gore-Tex
- Rain Jacket 1 Coated nylon, or Gore-Tex

Additional Clothing - Necessary

- Bandanna 1 Cotton okay.
- Swimsuit 1 Nylon.
- Hat 1 With sun visor (e.g. baseball cap). VERY IMPORTANT!
- Change of Clothes 1 Clean change of clothes for the trip home!

Personal Items - Necessary

- Toiletry Kit 1 Toothbrush, small tube of toothpaste, hairbrush or comb.
- Sunglasses & retainer strap 1 Good UV protection & hard protective case recommended.
- Sunscreen & lip balm 1 Sunscreen 15-30 SPF rating recommended.
- Foot Powder 1 With anti-fungal agent. VERY IMPORTANT.
- Insect Repellent 1 Non-aerosol, ones containing "deet" work best. Test first for skin allergy.
- Feminine Supplies Women should bring an ample supply of tampons, pads or panty liners. Moist wipes and Ziploc® bags recommended.
- Fanny/Waist Pack 1 Large enough for sunscreen, sunglasses, water bottle, etc.

Optional Items - Recommended

- Extra Bandanna 1
- Small Towel 1 Compact sports towel, chamois.
- Unscented cream 1 Hand cream and/or moisturizer.
- Pen/Pencil/Journal 1 Small pencil and journal.
- Shampoo, Soap, Towel 1 For cleanup at course end. (These items stay at base camp)
- Camera 1 Disposable/Waterproof.
- Bug Jacket 1 HIGHLY RECOMMENDED for June & July courses.

