



## Maine Northwoods Canoe Packing List

Please use this packing list to guide your preparation for camp. We recommend you shop at a local outfitter to ensure fit. All clothing and gear must be well marked with the participant's name. All of your clothing and equipment (including sleeping bag and pad) should fit inside your pack. While packing, remember you will be carrying your personal dry bag on portages. Examples of what to pack are provided on this [visual packing list](#). Check out our [camp store](#) for all your Chewonki logo'd gear.

**When packing for camp, pack into a duffle bag, suitcase, or your dry bag if you are bringing one.** Any bags or items not used while on trip will be stored in a safe location throughout the duration of the program, and will be repacked into at the end of camp.

Upper Body Layers			Lower Body Layers		
Item	Amt.	Comments	Item	Amt.	Comments
T-Shirts	2-3	Synthetic or wool material is best. <i>Chewonki will provide one synthetic shirt.</i>	Shorts	2	Hiking or athletic style
Sun shirt	1	<i>Optional</i> - Lightweight synthetic long sleeve- to protect from sun	Pants	1	Synthetic material - Hiking or athletic style
Base Layer	1	Long sleeve long underwear top-wool or synthetic	Long underwear	1	Wool or synthetic material.
Mid Layer	1	Fleece or wool sweater	Underwear	5-7	Personal preference
Top Layer	1	Thick fleece or puffy jacket	Rain pants	1	Good waterproof quality
Rain Jacket	1	A sturdy waterproof jacket with a hood. Should fit over layers.	Swimsuit and small towel	1	<i>Optional</i> - Can bring a swimsuit or can use shorts and sports bra for swimsuit. A small quick dry towel can also be brought
Sports bra	2	<i>As needed.</i> Synthetic material.			
Head and Hand Layers			Footwear		
Sun hat	1	Baseball style or full brimmed	Wet shoes	1	Must securely stay on foot and have a closed toe. Old sneakers or Keens are recommended
Warm hat	1	Beanie or wool			
Bug net	1	Should be ‘no see um’ proof	Camp shoes	1	Warm and comfy for around camp Must be sneakers or boots.
Sunglasses	1	With neck strap	Wool socks	4-5 pairs	Crew length wool socks.
Gloves	1	Lightweight	Sandals	1	<i>Optional</i> - to air out feet. No flip flops or slides

Equipment					
Water bottle	2	<a href="#">1 Liter water bottles</a> with leak proof lid- must be durable	<b>Please pack the equipment items listed below if possible. Chewonki does have some to borrow.</b>		
Headlamp + Spare batteries	1	Head lamp is ideal. A small flashlight will suffice. Bring spare batteries	Sleeping bag with stuff sack	1	Synthetic three-season bag (15-35°F) with compressible stuff sack
Day Bag	1	Small Day Bag (<20 Liters) Backpack or Dry Bag style	Sleeping pad	1	Closed-cell or inflatable sleeping pad
Small stuff sacks	2-4	<i>Recommended for organizing personal items.</i> Ziploc bags work well	Dry bag	1	Seal Line Boundary Pack 115 or NRS Bill's Bag 110. <i>Chewonki will provide a dry bag.</i>
Toiletries and Miscellaneous			Optional Items		
Toothbrush + Toothpaste	1	Travel or trial sizes are enough.	Watch	1	Simple digital watch with alarm
Sunscreen	1	Spill proof container - no aerosol cans	Camera	1	Bring in a waterproof container w/ spare batteries. You will NOT have an opportunity to recharge.
Bug repellent	1	Spill proof container - no aerosol cans. Type is your preference.	Personal journal	1	With pencil or pen. Bring a waterproof bag.
Other toiletries		Tampons/Pads, hand cream, chapstick, 3 oz. soap. If you bring soap, it must be biodegradable.	Knife	1	Pocket knife with locking blade or small sheath knife. One per participant.
Prescription eyeglasses	1	<i>As needed-</i> Must bring a neck strap	Books	1-3	Paperback books in a waterproof bag. Kindle e reader also okay.
Prescription medication		The Health Center will collect prescriptions or medication upon arrival.	Other	1	Binoculars, <a href="#">Crazy Creek Chair</a> . Letter materials and postage
Please DO NOT Bring			After Trip Items		
<ul style="list-style-type: none"> <li>- <b>Electronics</b> that can connect to the internet of any kind (phones, iPad, iPod, Nintendo Switch, etc.)</li> <li>- <b>Food or snacks</b> (candy, granola bars, soda)</li> <li>- <b>Cash, debit cards</b></li> <li>- <b>Expensive or valuable items</b> (jewelry, etc.)</li> </ul> <p>If you need any of these items for travel before and after the trip, they will be collected the day your child arrives and stored in a locked safe until they depart.</p>			When you return to campus from your trip you will be able to take a shower. Having these items set aside for your shower is helpful. You will be able to leave these items in a safe spot on campus during your trip.		
			Shower towel	1	Full sized bath towel is ideal
			Shower toiletries	1	Travel size- shampoo, conditioner, face wash, body wash, lotion, etc.
			Clean clothes	1-2 sets	For after showering
Please feel free to contact <a href="#">the Outdoor Programs team</a> with any questions concerning the preparation and packing for your child's trip!					