



CANOE LESSON GEAR LIST:

Clothing

- Rain Jacket / Rain Pants (Gore-Tex, or “waterproof” fabrics)
- Warm Jacket / Warm Pants (fleece, wool, NO COTTON!)
- Nice Weather clothing (anything that you are all right getting wet)
- Foot wear: sandals, old runners, water or neoprene socks
- Full Change of Clothing (we will be in the water)
- This point is necessary only between: Sept 15-May 30:
 - Wet suit or Dry Suit (We have a few wet suits for rent, \$10)

Food

- Water (you should bring 1.5 Litter for our day paddle)
- Lunch
- Thermos (stay away from caffeine)
- Snacks

Personal Supplies

- Hat
- Sun block (being optimistic!)
- Sun glasses
- Any medication (please inform the lead guide)
- Paddles and PFD’s are supplied but bring your own if you have them.

There is always the possibility of rain or “splash” in the canoes so please:

- Keep electronic equipment in a waterproof container (Ziploc bag)
- Make sure that gear is in waterproof container or bag. (Backpacks lined with plastic garbage bags will work)

Contact:

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