



**DAY LONG CANOE ADVENTURE
GEAR LIST:**

Clothing

- Bad Weather clothing should come along even if it looks nice out!
- Rain Jacket / Rain Pants (Gortex, 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.... no heels!

Food

- Water (you should bring 1 Litter for our day paddle)
- Lunch (no where to purchase food so please bring your own)
- Thermos (stay away from caffeine)
- Snacks

Personal Supplies

- Hat
- Sun block
- Sun glasses
- Any medication

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)

**IT IS YOUR RESPONSIBILITY TO BRING
ALL THE ABOVE EQUIPMENT**

Contact:
David Wooldridge
(604) 250-0744
dave@ridgewilderness.com