

SUMMER CANOE CAMPING CHECKLIST

WELCOME HIGH SCHOOL YOUTH!

Quantities:

- Please consider that up to 11 people will be in one van
- figure on 4 nights of camping and intermittent days of canoeing, hiking, and swimming in northern MN!
- Bring items of clothing that can be LAYERED easily!

Task List:

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment
- Tell Jen if I need equipment: a few sleeping pads are available for loan
- Arrange to meet on Mon. for 8am Mass at St. Charles Borromeo in Minneapolis, MN; will then leave from **Into the Deep's** office bldg.
- Arrange to pick up your child at 7 pm on Friday from the parking lot (or north entry) of **Into the Deep's** office bldg.
- Medications in Ziplocs (we have a group First Aid kit)
- Leave all electronics at home or they will be collected (emergency phones & numbers will be with the leaders)
- Optional: money for vending at rest stops
- "BAG Breakfast/Lunch" for the road on Monday
- I have packed everything I need on the car ride in a separate, smaller bag from what will be in the back end of the van. (Please include in this small daypack: water bottle, raingear, one warmer layer, headlamp, sunglasses, medicine, camera)
- I have lined my backpack/bag with a plastic bag or used waterproof stuff sacks
- KEEP ANY FOOD SEPARATE from clothes and out of tents!!!

Checklist:

- Comfortable clothes for drive (1st & last day can be the same to keep van scent at a minimum 😊)
- Good raincoat (wind & moisture repellency necessary!)... *for your own good, PLEASE: no plastic ponchos!*
- Optional: rain pants (full zipper up sides is most convenient)
- Optional: Light hat & gloves, long underwear tops & bottoms – just in case/esp. if you tend to get cold at night or your sleeping bag is thin
- Hiking boots or shoes suitable for hiking on uneven terrain (waterproof can be helpful)
- compact/lightweight watershoes or sandals for around camp/drive
- Wool socks for hiking (cotton not recommended)
- Optional: thin pair socks for under heavier socks to avoid blisters (not cotton)
- 1 pair long pants - quick-dry material (nylon, etc.) is helpful; NOTE that jeans are very slow-drying!
- 2 pair shorts (no short-shorts)
- 2 warmer layers: sweatshirt, fleece jacket, vest, etc. (sweatshirts are not ideal: very hard to dry!)
- 1 long sleeve t-shirt
- 2 regular t-shirts (no tank tops)
- 1 long sleeve flannel or other cotton button front shirt (bug & sunscreen + lite layer + cool down when wet)
- Versatile, modest sleepwear (for both warm and cool nights) + optional warm socks just for sleeping
- Swimsuit (ladies, one piece or tummy-covering tank style/guys, no Speedos 😊)
- Pillow (for car only; folded clothing can be used for camping pillow due to limited space in canoes)
- Sleeping bag
- Optional: flannel sheet "sleep sack" to line sleeping bag (great by itself if hot/more warmth if cold)
- Thermarest (or other type) sleeping pad
- Towel and wash cloth (for swimming; medium size for sake of space)
- Personal Toiletries (sample size & unscented please, in ziplocks)
- Lip balm, sunscreen, lotion (sample size & unscented please, in ziplocks)
- Sunglasses, hat to protect from sun/bugs... optional bug headnet
- Small flashlight / headlamp + batteries
- Optional: pocket knife, compass (we can teach these skills if the youth are interested)
- Thermal mug (12 oz)** for breakfast foods & hot drinks... put your name on it!
- Water bottles** (at least 2 to reuse, totaling approx. 50+oz.)... put your name on them!
- Camera/batteries/memory card
- Optional: rosary, journal, pen, bible, book, travel games, cards, etc. (in ziplocks; please plan on non-electronic versions!)
- Small backpack for hiking to carry water, camera, raingear, layers, etc.
- Gear (optional, if you like to bring your own: paddle, lifejacket, fishing gear + license; tackle must be small & packable)