

# Rotary Club of Peterborough Kawartha Adventure in Understanding

## Camper Packing List 2022



Our canoes are VERY full during the trip. No suitcases or hockey bags PLEASE.

### **A watertight dry-bag (backpack) large enough to contain the following :**

Whistle is REQUIRED ( FOX40 is best, but other pea-less whistles will do)

Hiking or Running shoes (these will be “wet shoes” to be worn while canoeing or hiking)

Crocs are not appropriate as they give no ankle support

Dry shoes to be worn at campsites (crocs, sandals or running shoes are fine)

NO flip-flops

- 1 2 t-shirts or sunshirts
- 2 1 long sleeve shirt
- 3 1 sweater – fleece or wool is preferred
- 4 1 pair of pants – fleece, wool, or synthetic preferred
- 5 1 pair of shorts
  
- 6 2 or 3 pairs of socks (should include 1 wool pair)
- 7 2 or 3 pairs of underwear
- 8 bathing suit & Towel
- 9 Hat
- 10 Waterbottle ( 750 ml. Is ideal)
- 11 Toothbrush
- 12 Raingear
- 13 Sun screen
- 14 Insect repellent
- 15 Sleeping bag (the more compact the better)  
Synthetic tend to be more compact than down
- 16 Optional therm-a-rest or similar inflatable pad – no foam pads  
Ground sheets will be provided if required
- 17 Optional: journal, pen, flashlight