



Keewaydin Club

Men's and Women's Adult Trips

Equipment List

Everything you need should fit into your roll and daypack. Bring what you need, but be a good editor. As you prepare, I recommend that you plan ahead where everything will be stowed once on trip.

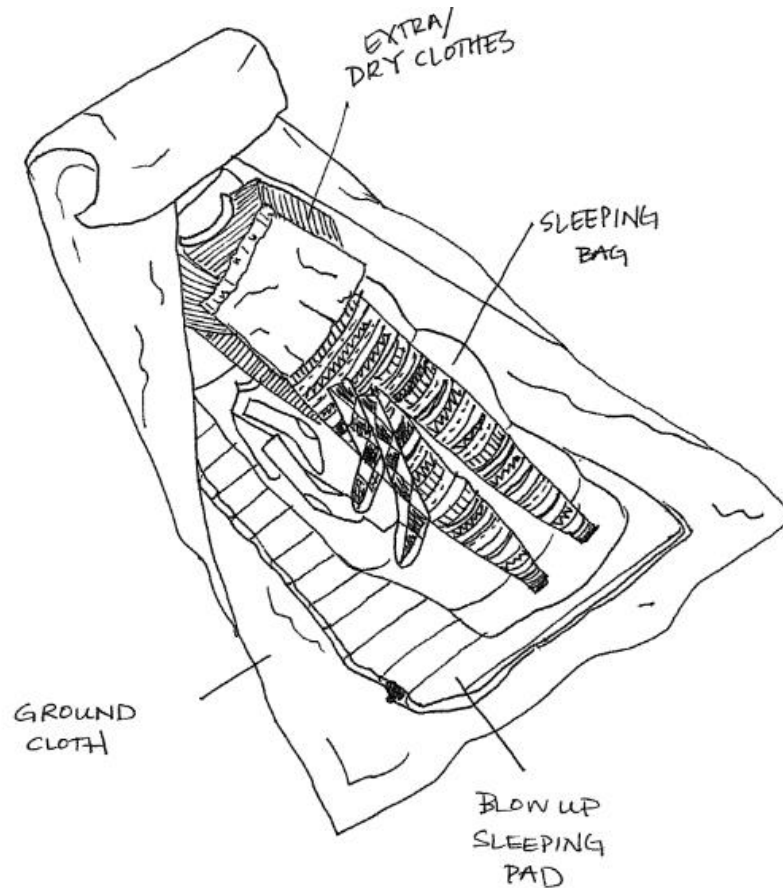
A few particularly important items to highlight:

1. Footwear: You should bring three pairs of shoes - a pair for tripping, a pair of dry shoes for around the campsite, and a pair for swimming. Please note that keeping your feet dry is NOT an option on a canoe trip.
 - “Trip shoes”: we recommend a light to medium weight synthetic hiking boot or shoe that will not hold water (if possible, avoid “Gore-tex”, leather, and waterproof materials that retain water in the boot).
 - “Dry shoes”: are nice to switch into at the campsite at the end of the day and should be sturdy enough to protect your feet while wielding an axe or sawing firewood – an old pair of running shoes is a good example of a dry shoe.
 - “Swimming shoes”: Teva-style or Keen sandals with straps are great for swimming or wearing around the campsite to give your feet some air but they are not acceptable for travel during the day, cooking around a fire, or splitting wood.
2. Rain gear: Do not compromise here. Be certain that any material you are considering is and will remain completely waterproof – ponchos are unacceptable. If your rain gear is not new, make sure you test it before arriving on the island to see that it is still waterproof. Cuffs that tighten and a hood that will stay on your head in windy conditions are things to look for. Both pants and jacket are essential.
3. Layers: You need to bring the proper clothing to help deal with both cold and sun. For the cold, you need layers of wool and synthetic fabrics. Dressing in layers allows you to adjust for changing temperatures in a way that one big warm jacket does not. Please avoid bringing any cotton items on trip!
4. Tumplines and duffel bags: We have loaners available for your use on the trip. Every day you will roll up your sleeping pad, sleeping bag, and extra personal items inside your ground sheet (see image) and then slide everything into your drybag and duffel bag. Items you need at the end of the day will go in your roll (journal/extra clothes/dry shoes), items you may want



during the day should go in your daypack (sunscreen/baseball cap/swimming shoes/water bottle).

5. Spirits: Not everyone chooses to drink alcohol. You are welcome to bring your own boxed wine (or something stronger) on the trip, but please no glass bottles. A collapsible bladder for liquid is a good option. Camp policy is that alcohol can be consumed after campsite chores have been completed for the day. Trip staff will not partake in drinking alcohol while leading your trip.



BASIC GEAR

Tumpline (loaners available at camp)

Duffel bag (loaners available at camp)

Groundsheet tarp (5 x7.5 feet of durable 3mm plastic tarp)

Sleeping bag (synthetic; mummy) 20 degree rating works great

Sleeping pad (self-inflating is easiest, same length as your sleeping bag is best)

Dry bag (sized at 55 liters)

Compression straps or bungees (2- 4 straps to cinch around your "roll")



Folding knife or Leatherman tool
Headlamp & spare batteries
Ammo box/waterproof box (Pelican/Otter) (not essential, particularly if bringing a daypack)
Small Daypack

CLOTHING

2 pairs of trip pants (One pair for day, one pair for night. Work pants or quick drying hiking pants (e.g., Dickies) work well.
3-5 pairs Underwear, (doing laundry on trip is easy)
Sports bras
1-2 t-shirts (polypropylene or wool - no cotton please!)
1 pair non-cotton shorts
1 bathing suit (two-pieces for women are easiest)
1 light-weight long-sleeved shirt
1 set long underwear (polypro or wool)
1 t-shirt shirt for sleeping
Sarong (wide long thin scarf/wrap for helping roll dry clothing to make a pillow for sleeping)
Heavy fleece or wool jacket
Rain gear (jacket and pants)
Fleece or wool sweater/heavy shirt
Fleece or wool warm hat
Baseball cap
1-2 bandanas
Belt
3-5 pairs wool socks
Warm gloves (not essential, but may be a nice comfort if anticipating cold days)

FOOTWEAR

Boots for tripping – try to avoid Gore-Tex, it takes longer to dry out, select a boot or hiking shoe with good traction
Shoes for campsite
Sandals for swimming

PERSONAL GEAR

Toiletries: biodegradable soap (preferably Dr. Bronners, which is 100% biodegradable in water), toothbrush/paste/floss, hand salve, feminine products, etc. - please keep toiletries to a minimum
Metal or plastic drinking mug
Water bottle
Sunglasses
Sunscreen



Bug net/Bug dope (Badger brand Anti-bug balm)

Book

Entertainment for rainy days: playing cards, Sudoku, crossword puzzles, camera

Journal

Prescription medications

Spare glasses or contacts

Quick-dry towel

Carabineers (one or two can be useful)

Small sewing kit