

## Jr. & Sr. High Kayak Trip

A trip camp is a great experience which challenges the camper and helps to prepare him/her for a possible trip to the BWCA Wilderness. Certain items are necessary to ensure that the trip is safe and enjoyable. Also, because we are limited in what we can carry in the kayaks it is necessary to pack as light as possible.

The following are the *required\** and recommended items to bring and suggestions of what to bring. All of your personal gear should fit into a single backpack. If possible, your sleeping bag should be attached to the pack as well. The key to packing for a trip camp is to *consolidate and eliminate* as much as possible.

- \_\_\_ \*Identification and emergency contact information
- \_\_\_ \*Water bottle or canteen
- \_\_\_ \*Flashlight w/ extra batteries
- \_\_\_ \*Whistle
- \_\_\_ Sun glasses
- \_\_\_ Dry sack
- \_\_\_ \*Sun screen (waterproof)
- \_\_\_ \*Insect repellent
- \_\_\_ \*Hand sanitizer
- \_\_\_ Toothbrush & tooth paste, other personal care items
- \_\_\_ \*Sleeping bag
- \_\_\_ Foam sleeping mat
- \_\_\_ Pillow (a small one, not full size)
- \_\_\_ Wash cloth & towel
- \_\_\_ \*Rain gear (poncho or rain suit)
- \_\_\_ \*Hat or cap
- \_\_\_ \*Sturdy foot wear, such as:
  - \_\_\_ All-terrain sandals (that will stay on well and can get wet)
  - \_\_\_ Hiking boots or study tennis shoes
- \_\_\_ \*2-3 pairs of socks, at least one a pair of warm socks (wool is best)
- \_\_\_ \*Sweatshirt or light jacket
- \_\_\_ Swimming suit
- \_\_\_ Shorts
- \_\_\_ \*Long pants
- \_\_\_ 1-2 T-shirts
- \_\_\_ Long sleeved shirt
- \_\_\_ Changes of underwear
- \_\_\_ Small Bible
- \_\_\_ Note pad
- \_\_\_ Camera & film
- \_\_\_ Pen/pencil
- \_\_\_ Small binoculars

On a trip camp it is best to dress in layers that can be removed when it is warm and added when it is cool, such as at night or when it rains. Rain gear to keep from getting wet in rainy weather is a must; a change of clothing is necessary in case you do get wet. Being cold and wet can lead to hypothermia, so precautions must be taken. Also, being on the water for extended periods means good protection from the sun is important. Long pants and long sleeved shirts help protect against insect bites.