

CANOE TRIP EQUIPMENT LIST – GULL RIVER PROVINCIAL PARK – JUNE 2011

The following Canoe Trip Equipment List has been prepared specifically for individuals participating in the Gull River Expedition of 2011. Boat captains shall ensure each boat is equipped with the following:

- Throw Bag
- Bailers and/or Sponges
- 25' to 35' Painter Lines for both Bow and Stern
- Waterproof Compass and GPS Unit
- Topographic (1:50000) Route Maps in Waterproof Map Case
- Pin Kit (locking carabeners, rope etc) (optional)
- **Satellite Phone, SPOT, or Emergency Beacon (optional depending on remoteness of trip)**

Participants must be prepared for varying weather conditions, rugged and rocky terrain, and for continuous wet conditions during each paddling day. The items identified in the following list are meant as a guideline to enhance each participant's comfort, safety and well-being. This trip requires that portaging be accomplished in two trips, and as a result it is recommended that participants carry their personal items in 2 packs. Items to be kept dry should be packed into a single 75L or 115L roll-top dry bag equipped with a carrying harness, and other items readily accessible in a day/hip pack or small duffel.

NOTES:

- All clothing items marked with an asterisk (*) are only required if weather conditions dictate.
- Personal items marked as "optional" are an individual choice, and one must be prepared to carry the additional weight associated with such items
- Items marked in **red** will be provided for by the trip coordinators

CLOTHING NEEDS

While Paddling (wet)

- 1 pair of synthetic quick dry pants (convertible to shorts)
- 1 pair of synthetic quick dry boxer briefs/underwear
- 1 synthetic quick dry long sleeved, collared shirt
- 2 pairs of wool socks (Smart Wool)
- 1 pair of Paddling Boots/Shoes/Mukluks
- 1 Wind/Rain Jacket (waterproof/breathable fabric)
- 1 pair of Rain Pants (waterproof/breathable fabric) (optional)
- 1 wide brimmed hat
- 1 synthetic long sleeved shirt (light/mid-weight base layer) (*)
- 1 pair synthetic long underwear (light/mid -weight base layer) (*)
- 1 Neckerchief/Bandana (optional)

While Camping (packed to keep dry)

- Boxer Briefs/Underwear
- Wool socks (Smart Wool)
- 1 pair of synthetic quick dry pants (convertible to shorts)
- 1 pair of Heavy Denim or Canvas pants (Carhardt) (*)
- Synthetic t-shirt (light/mid-weight base layer)
- 1 Bug Jacket/Shirt (The Original Canadian Bug Shirt)
- Hiking Boots or Shoes
- Synthetic long underwear (light/mid -weight base layer) (*)
- Synthetic long sleeved shirt (light/mid-weight base layer) (*)
- Fleece sweater/jacket (*)
- Insulated/Fleece pants (*)
- Toque and insulated gloves (*)
- Quick Dry Shorts/Swimming Shorts (*)

PERSONAL GEAR AND EQUIPMENT REQUIREMENTS

For Paddling

- 2 paddles (one as a moving water spare)
- PFD with attached pea-less whistle and a rescue knife
- Chair or Seat Pad (optional)
- Paddling gloves (optional)

Fishing Tackle

- Fishing Rod and Reel
- 1/8 oz and ¼ oz lead jig heads
- Hooks (small 8 or 10, medium 2/0, 1/0)
- Small spinners
- Artificial bait
- Fishing Line
- Fishing License/Outdoors Permit
- Fishing net (optional)

Grooming/Rx Kit

- Toothbrush and toothpaste
- Bio-degradable Soap and Hand Sanitizer
- Aspirin/Tylenol/Aleve, Demerol, Robaxacet, Imodium
- Polysporin, Moisturizing Cream (non-perfume)
- Foot Powder (Gold Bond)
- Quick Dry Synthetic Towel
- Toilet Paper and Wet Wipes
- Clothesline (optional)

On-Hand Personal Equipment (packed in day/thwart/hip bag)

- Insect Repellent (non-aerosol 99% DEET)
- Sunscreen (SPF 30 + non-perfumed)
- Lip Balm (SPF 30 + non perfumed)
- 1L wide-mouth water bottle
- Multi-tool (Leatherman)
- Headlamp (Petzl) and spare batteries
- Sunglasses (with retaining strap and case)
- Digital camera(s), with spare storage media and spare batteries packed in waterproof hard case (Pelican) (optional)
- Binoculars (optional)
- Notepad and Pencil (optional)
- Leather work gloves (optional)

Campsite Personal Comfort Equipment (packed to keep dry)

- 1L wide-mouth bottle (to be used as "late night latrine")
- UCO Candle Lantern, reflector and candles (optional)
- Reading material (optional)
- Small folding camp chair or stool (optional)
- MP3 (iPod) or Satellite Radio player with **Portable Speakers and spare batteries** (optional)
- Sandals (optional)

GROUP GEAR AND EQUIPMENT REQUIREMENTS

Tools (per boat)

- Ultralight Hatchet
- 15" or 17" Collapsible Buck Saw or Large Bow Saw (24")
- Rope

Safety/Survival Equipment (packed in day/thwart/hip bag, per boat)

- **Water filtration kit (Katadyn Hiker/Base-camp)**
- Emergency Fire Starter Kit (flint, tinder, waterproof matches, wax candle)
- **First Aid Kit and Emergency Thermal Blanket**
- Bic Lighter(s)

Repair Kit

- **Patch Kits (Drybag, Thermarest, Tent, Tarp)**
- **Water Filter Repair Kit (Katadyn Hiker/Base-camp Field Repair Kit)**
- **Duct Tape**
- **Spare Thwart Bolts (2)**
- **Tube of Seam Sealer**
- **2 X 25' lengths of parachute cord, flagging tape**

SHELTER

Bedding (per person, packed to keep dry)

- Sleeping Pad (Thermarest)
- Sleeping Bag (rated for weather conditions)
- Compressible Pillow (optional)

Sleeping Quarters (per tandem)

- 3 Season, 3 Person Tent, Poles and Rain-Fly
- Tent Footprint
- Tent Pegs (carry 2 extras)
- Guy-line and Guy-line tensioners

Group/Cooking Shelter (if required/desired, adjust to suit to group size)

- 10' by 10' or similar sized Tarp/Tarp-tent
- Bungee/Shock Cords/Guy-lines
- Pegs
- 50' of Polypro Rope or Parachute Cord (optional)
- Telescoping Pole (optional)

BACKCOUNTRY KITCHEN

Personal Mess Kit

- Fork, Knife, Spoon(s) (Lexan, Titanium or Stainless Steel)
- 500mL Thermal Mug
- Plate and Bowl (Lexan or Stainless Steel)
- Folding Filet and Buck Knife

Kitchen Kit (adjust quantities to suit group size)

- 2 Single Burner Multi-fuel Stoves, with Windscreens and Repair Kits
- Stove Fuel Bottle and Fuel Pump
- Fuel Re-fill Bottle(s) (500mL of liquid fuel for every 3 days per stove)
- Nesting Cookware (3L, 2L, 1L pots with lids and handle)
- Foldable Cooking Spoon, Spatula and Strainer
- Heavy Duty Aluminum Foil
- Heavy Duty Garbage Bag(s)
- Plastic Cutting Board
- Dish Towel, J-Cloth, Pot Scrubbing Sponge
- Large Frying Pan (10"), Lid and Handle (optional)
- Coffee Percolator/Kettle with filters (optional)
- Fire grate/grill/box (optional)
- Outback Oven (optional)
- Multi-fuel Lantern (optional)
- Ziplock Bags (2 medium and 1 large) (optional)
- Collapsible Sink (optional)
- 4L Collapsible Water Jug or 5 Gallon Jug for base-camping (optional)
- Fire/heat resistant mitten or glove (optional)