

## Canoe Trip Checklist (for 6 river days)—2010 Troop 97 Missouri Breaks Expedition

Follow this list!

If you want to add/subtract/change anything, talk to your adult crew advisor first!

**NOTE**—No glass or spray cans. They are expensive and heavy, and glass breaks. Use lightweight plastic containers.

**OPT**—optional items



### During Travel (Days 0–1 & 7–8):

- underwear (at least 2)
- Full 'Class A' uniform (Scout shirt, Scout shorts, Scout belt, Scout socks, T97 hat, T97 neckerchief, slide)
- swim trunks & towel (for the hotel)
- comfortable shoes/sneakers (preferably not the ones you'll wear while canoeing)
- waterproof stuff sack for your uniform while we are canoeing (**you'll have to wear it on the way home, wet or dry**)

### On the River (Days 2–7):

- "dry bag" or duffel bag or pack w/o frame (use 2 heavy trash bags to waterproof)
- small waterproof bags for ALL gear in pack (nylon, cloth, plastic, etc; make your own!)—use waterproof stuff sacks, or freezer bags work for many items
- swim trunks or gym shorts
- sneakers or sandals (which will get wet—note that bare feet are OK in the canoe, but you need to be wearing foot gear any time you step into the water where you can't tell what you'll be stepping on, including every time you launch or land your canoe.)
- 2 T-shirts/tank tops/polo shirts
- long-sleeved shirt (for sun protection)
- extra shorts
- long trousers (for sun protection)
- hat with sun visor to protect nose/ears/neck
- 3 underpants
- 1 pr athletic socks (for sun protection, not low-cut)
- sweatshirt or windbreaker or jacket
- rain jacket (NOT a poncho, which is a drowning hazard if you go overboard)
- OPT** rain pants
- sleeping bag (fully waterproofed with trash bags)
- sleeping pad
- bandanna OR handkerchief
- Carmex/Chapstick
- toilet paper (in waterproof bag; at least 1/2 roll)
- "pooper scooper" plastic hiker's trowel \*
- toothbrush (share toothpaste with your partner)
- OPT** personal medication (inform the Scoutmaster)
- 1 bath towels and 1 face towel
- insect repellent (stick or liquid, no sprays, no glass)
- OPT** anti-mosquito mesh hat
- sunscreen
- pocket knife
- LED headlamp with new batteries (AAA or AA) (flashlight not as convenient; LED best)
- kneeling pad (extra towel, etc, NOT a life jacket)

- medical form & permission form turned in to Scoutmaster
- extra trash bags for waterproofing
- water bottle
- OPT** sunglasses
- OPT** strap for glasses
- OPT** wool hat (especially for sleeping)
- whistle
- needle (large eye)
- thread (wind around piece of cardboard)
- 4 safety pins
- OPT** camera & film (disposables work great)
- OPT** umbrella (for shade & sailing)
- OPT** fanny pack (for convenience items like camera, sunscreen, etc.)
- OPT** "Camp Suds" or soap (hotel size or tube of liquid soap)

### Cooking/Eating:

- cup (plastic or metal; not "Sierra" cup)
- plate/bowl
- fork/spoon (use pocket knife instead of plastic knife)

### Things to Share with Your Partner:

- 2-person tent and accessories
- large sponge (to mop up water in bilge)
- toothpaste
- OPT** dental floss
- OPT** metal mirror (**not** glass)
- water purification system with **new** cartridge ["First Need" strongly recommended; HOWEVER, *note that we will NOT be able to purify river water because it is contaminated with various chemicals.*]
- fresh water supply (*minimum* 6 gallons/canoe)
- 50 ft (15 m) of rope (for lashing gear into canoe)
- OPT** bungee cord (for lashing canoes together)
- OPT** cooler with ice if you want fresh food the first couple of river days
- food & snacks [2 lbs of snacks/Scout is plenty (1 lb/adult)] (in waterproof bags)
- pot & lid (2 liter/quart minimum; lid doubles as plate)
- one-burner backpacking stove [MSR Whisperlite recommended; see Scoutmaster for other options]
- 2 fuel bottles (650 mL/22 oz) or equivalent amount (total of about 1.3 liters/44 oz)
- wooden matches in waterproof container
- 2 scouring pads
- 4 "handwipe" paper cloths or chamois
- 2 plastic trash bags
- OPT** wet/dry towelettes ("baby wipes", etc)
- OPT** dishwashing detergent (biodegradable best)

\*—With your equipment you will have a trowel, and when you squat outside, you shall scrape a hole with it and then turn and cover your excrement.—Deuteronomy 23:13