

EQUIPMENT LIST

The participant **MUST** supply the following equipment:

- Sleeping bag — good to freezing or below
- Sleeping pad — thermarest or light air mattress are best
- Tent (must have 100% protective Rain Fly)
- Running shoes, sport sandals, or equivalent - for camp wear
- Canoe shoes (old runners, paddle sport specific – must have strong sole support and protection)
- Hiking boots — lightweight for day hikes
- Day pack — 35-40L capacity
- Whistle
- Water bottles
- Knife, matches and/or lighter (in a waterproof container)
- Headlamp
- Warm toque, gloves or mitts — (neoprene gloves or mitts are recommended if you tend to have cold hands when paddling)
- Wide range of synthetic clothing: fleece/polypro underwear, fleece jackets, insulating jacket
- WATERPROOF Outerwear: This must include Jacket AND Pant
- Dry or Spray Top (Paddling Jacket)
- Wet socks or dry socks
- Notebook and Journal
- Sunglasses
- Sunscreen / Lip Balm
- Personal Medications
- Personal Dry Bag or Barrel (20-30L)
- Rescue Gear:
 - First aid (ouch) kit
 - River knife for PFD
 - Prussic cord
 - Two carabineers
 - Throw bag (optional but recommended)
 - Lighter and fire starter kit (in waterproof container)
 - Rescue Belt

The following are recommended:

- Wetsuit or drysuit
 - Helmet (a paddling helmet is preferred, but a bicycle helmet will suffice)
 - Paddle
 - Personal Floatation Device (PFD) – Paddling specific
 - Climbing gear (harness and helmet only. You may wish to bring shoes if you plan to climb during free time)
- ***The above equipment can be borrowed from HeLa Ventures for the duration of the program
- Leatherman or comparable multi-tool
 - Waterproof watch
 - Rubber boots with insoles - light weight pair

* Most gear above can be obtained inexpensively. You are not required to have top of the line gear. If you are having issues with your budget, let us know and we can work it out.