

## STUFF TO TAKE ON SACRAMENTO RIVER CANOE TREK

For the River – Pack everything in a duffle bag or internal frame pack with heavy duty trash bag to keep out water. Can use dry-bags

### CLOTHING

1. 1 pairs of nylon shorts (can be zip-offs)
2. 1 pair of pants (can be zip-offs)
3. 1 bathing suit
4. 2 T-shirts
5. 1 wool sweater or fleece jacket - in case it gets cold
6. rain gear (rain pants & jacket)
7. 2 pairs of socks
8. 2 pairs of underwear - wear 1 & wash the other
9. 1 pair of tennis shoes - for camp and portage
10. 1 pair of water shoes - for boat
11. 1 wide-brim hat - no baseball caps
12. belt (optional)

### EATING EQUIPMENT

1. plastic bowl
2. insulated plastic cup
3. spoon & fork or spork

### HYGIENE

1. Toilet paper - in Zip-lok bag
2. toothbrush & small toothpaste
3. 10 - 1 qt Zip-lok bags - in case we have to "pack it out"
4. Small comb

### ESSENTIALS .

1. pocketknife
2. personal first aid kit - see Scout Handbook
3. 1 water bottle - 1 Liter
4. flashlight & extra batteries
5. nylon rope - 50 ft
6. lighter & matches in a water-proof container
7. sunblock & chapstick (min 30 SPF)
8. insect repellent (30% DEET max)
9. space blanket
10. Sunglasses with strap
11. Medications

### SLEEPING EQUIPMENT .

1. Light-weight compact sleeping bag - synthetic preferred in a trashbag
2. Compression stuff sack - for sleeping bag
3. "Therma-Rest" /sleeping pad
4. Small pillow sack - stuff with clothes for pillow

### OPTIONAL

1. rod & reel - could share this
2. tackle box - could share this
3. landing net - could share this
4. Fishing license - if 16 yr or older
5. Camera and film or digital - waterproof
6. Paddling gloves - protect your hands
7. Merit badge pamphlets - in zip-lok bag
8. Scout Handbook - in zip-lok bag

### TRAVEL – IN A SEPARATE SMALL DUFFLE

#### BAG

1. Class A Scout Shirt and Shorts
2. 2 pr Scout Socks
3. 2 pr Underwear
4. Class B shirt
5. Scout cap - optional
6. Reading material
7. Money
8. Tennis shoes - not the ones you trashed on the river
9. Toiletries - including deodorant
10. Towel - for shower after river

### SHARED GEAR

1. Tent with poles and stakes
2. Ground cloth
3. Canoe bailer - make from 1 gallon milk jug - one per canoe
4. Compass
5. Camp suds - 1 small bottle
6. Trowel
7. Hand creme
8. Binoculars - waterproof

### CREW GEAR

1. Stove
2. Fuel bottles
3. Cooking pot set
4. Utensil Kit
5. Water Filter
6. Aluminum foil
7. Paper towels
8. Large trash bags
9. Tarp