

# PACKING LIST

## CANOE TRIP



**CROSSING**  
*the* **DIVIDE**  
backcountry adventure for youth

### Feet

- 1 pair of shoes or sturdy sandals for days on the river that you don't mind getting wet
- 1 pair of sturdy shoes for evenings and exploring that are kept dry at all times
- 1 pair of socks for each day of the trip
- CTD can provide hiking boots. Let us know in advanced what sizes are needed

### Lower Body

- 1 pair of underwear for each day of trip
- 1 pair of long underwear for evenings if cold weather is in the forecast
- 1 pair of shorts and 1 bathing suite. Non-cotton is preferred
- 1 pair of long pants. Non-cotton is preferred
- Rain pants (CTD can provide these)

### Upper Body

- 1 long sleeve shirt. Non-cotton is preferred
- 2 short sleeve t-shirts. Non-cotton is preferred
- 1 lightweight jacket. Non-cotton is preferred (CTD can provide these)
- 1 Rainjacket (CTD can provide these)
- Light gloves for evenings

### Head

- A hat that provides sun protection
- Beanie or toque for evenings

### Personal

- Flashlight (CTD can provide these)
- Small travel pillow. Not a full size! (If space is limited in canoes, pillows may need to be left behind)
- Sunglasses
- Lip Balm
- Toothbrush and toothpaste
- Sunscreen (CTD can provide this)
- Feminine hygiene products (we carry a very limited stock of these in first aid kits)
- Personal Medication (a safe, dry place will be provided for this throughout trip)
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#### Please Consider

For canoe trips, it is really nice to have a separate change of clothes that you wear on the river each day and a separate change of clothes that you wear in the evenings at camp. Give this some thought when planning your packing list

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## CONT.



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### Optional

- Camera
- Journal and pen/pencil
- Small quick-dry towel if planning on swimming
- Book for evening time
- Phones and similar electronics are allowed but their use may be limited or restricted if participants aren't engaging in group activities or for safety reasons. Participants are responsible for any damage (including water damage) that happens to electronics on trips.

### Group Gear (Provided by CTD)

- Tents
- Sleeping bags, including sleeping bag liners
- Sleeping pad
- Stove, pots and other cooking utensils
- Bowls, plates, cutlery, cups, and eating utensils
- Water including filtration systems if needed
- Water bottles
- First aid kit
- Bear spray
- Emergency satellite communication
- Toilet paper and latrine kit
- Canoes paddles, life jackets, and all required safety equipment
- All food and snacks for entire trip

### Please Consider:

If there are allergies on the trip please let us know. You may want to bring a supply of your own snacks if this is the case. For canoe trips, storage space is limited. Participants will be provided one 35L dry bag for all their personal gear to fit into. Anything that doesn't fit in these dry bags will likely be left in vehicles.

### **IMPORTANT:**

Alcohol, illegal drugs (including cannabis), weapons (including small pocket knives) are not allowed on Crossing the Divide Trips. Participants that bring these will not be permitted to participate. If they are found with these during the trip, they will be removed from the trip as soon as the guides deem it is safe to do so. Participants found with prohibited items risk ending the entire trip for everybody involved, depending on logistics and remaining participants. These decisions will be made by the guides who will have full discretion in the matter. Tobacco products are highly discouraged. If participants bring cigarettes or other tobacco products, they will be responsible for packing out butts and empty packs and must adhere to all guide instructions regarding fire safety.