

Teen Journey - Gear List

What you need to bring on the Voyager Canoe Trip

*Notes:

- 1) Please plan for layers. This week could be very exposed and hot and/or very wet!
- 2) It is important that all your gear fits in your main bag comfortably and that you can carry it.
- 3) Because this is a more technical trip from previous Teen Journeys, please do not feel you have to buy all new gear. Some people may have extra gear you could borrow.
- 4) If you require a pack and/or thermo-rest, please let us know. We have some extras we can lend out for this trip.
- 5) We will be providing all group safety gear, camping and cooking gear; you are only responsible for bringing your personal gear as listed below.
- 6) As part of our pre-trip planning meetings we will be going over what to pack, food and menu choices, safety and risk management, as well as overall route and trip planning, in addition to preparing for our educational content, ceremony and 'The Rites of Passage'.

Main Gear

- Backpack or duffle bag (all your gear needs to fit inside this comfortably)
- Sleeping Bag - warm, preferably synthetic fill
- Sleeping mat - foam ensolite or blow-up thermorest
- 2-3 stuff sacks to hold your various gear items (sleeping bag, clothing, other)
- 2 large strong garbage bags, and 2 small garbage bags
- (optional) dry bags for your gear - these are technical gear bags for water-based trips
- 1-2 cotton t-shirts
- Synthetic long underwear - tops & bottoms
- 1-2 pairs synthetic long pants - ie. quick dry, preferably not denim or cotton
- 1 Fleece jacket or warm sweater/sweatshirt
- Waterproof rain suit (both top and bottoms)
- Shorts and/or swim suit
- Sturdy running shoes with laces and good grip or light hiking boots
- Water shoes/sandals - Tevas or water shoes (you will be mostly wearing these)
- Small towel
- Sun hat
- Warm hat/toque
- Underwear and 2 pairs of wool socks

Personal Care Items and Gear

- Toiletries: biodegradable soap/shampoo, toothpaste and toothbrush
- Sunscreen, lip balm, mosquito repellent (preferably natural)
- 2 water bottles or bladder or camelback
- Flashlight with fresh batteries and extra batteries

Prescription Medication

- **Bring enough X2 for your 8 day stay at camp (we will keep one in an independent location as back up)** with a letter from parents describing what medication should be taken, how many and how often. **Note: We are not able to dispense any medication to your child other than what you send including Tylenol.**

For Possible Sweat Lodge: (Fire Ban Permitting)

- **Important: Clothing must be loose fitting and cotton! It will be hot.**
- Boys – loose fitting cotton shorts/swim trunk, T-Shirt and towel
Girls – loose fitting cotton long dress (shoulders covered) or skirt below the knee, T-shirt and towel. Modest-cannot be see-thru when wet.
- Inexpensive Cotton clothing can be bought at places such as Value Village, Salvation Army, Second Hand Clothing, etc.

Bring:

- **Small symbol** that is important, meaningful to you, express who you are. For example; rock, picture, poem.....
- **Small portable musical instrument** - if you don't have one be creative - small plastic container filled with rice makes a good shaker etc.
- Journal, pen or pencil in air tight ziploc.

Optional:

- Camera (there will be the option of downloading & showing photos regularly)
- Fishing gear, camp/craft tools, and/or any personal outdoor gear you might like to bring/share

Please do not bring:

- Illegal drugs, alcohol, knife, weapons, dangerous objects/tools, video games, cellular phones, ipods or any expensive valuables (ie. watches, jewelry), perfumes/cologne, antiperspirant.

Camp Property Policy

- Smoking, consumption of alcohol, or the uses of illegal drugs **are not permitted** on this expedition. Any Teen Journey youth, volunteer or staff member who disregards this policy will be automatically removed from the program regardless of circumstance or degree of participation.

We look forward to seeing you there - be prepared for a great 7 days!!!

*“Adventure isn’t hanging on a rope on the side of a mountain;
adventure is a state of mind; it is an attitude we must apply to day to day obstacles in life,
facing the unknown, and in the process, discovering our own unique potential.”*
- Anon