



Gear List for Deep Adventure Trips

We will provide:

- Waterproof barrel with backpack or drybag backpack to store your personal items
- Small drybag or waterproof box for things you need access to during the day
- Food will be included but you need your own lunch for day 1 and we recommend everyone to bring some of their own favorite snacks for in between the meals. (bring in ziplocs)

<u>Clothing</u>	<u>Personal Gear</u>	<u>Gear</u> <u>Supplied by Aha! Adventures</u>
<p>Avoid cotton if possible – bring extras if they are cotton</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunhat and sunglasses <input type="checkbox"/> Toque/mitts/buff <input type="checkbox"/> Long underwear: top and bottom <input type="checkbox"/> Shirts (1 short sleeve, 1 long sleeve per week) <input type="checkbox"/> 1 light wool or synthetic sweater <input type="checkbox"/> 1 fleece or light down jacket <input type="checkbox"/> Rain jacket (with a hood) <input type="checkbox"/> Rain pants <input type="checkbox"/> Shorts (1 pair per week) <input type="checkbox"/> Swimsuit <input type="checkbox"/> Quick-dry pants (no jeans!!! – 1 pair for day, 1 pair for evening) <input type="checkbox"/> Wool/synthetic socks (2 - 3 per week) <input type="checkbox"/> Quick dry underwear <input type="checkbox"/> Camp & walking shoes (close-toed) <input type="checkbox"/> Wet shoes (sport sandals, old runners- no flip flops!!!) <input type="checkbox"/> Stuff sacks for organizing <input type="checkbox"/> Zip loc bags for extra waterproofing <input type="checkbox"/> Garbage bags (5) <input type="checkbox"/> Clothes line <p><u>For Cold Water/Weather Conditions or late/early season trips</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Paddling/neoprene gloves <input type="checkbox"/> Neoprene booties/rubber boots <input type="checkbox"/> Paddling drypants with feet (optional) <input type="checkbox"/> Warmer compressible sleeping bag (5 to 10) 	<ul style="list-style-type: none"> <input type="checkbox"/> Bowl, cutlery and mug <input type="checkbox"/> Personal snacks <input type="checkbox"/> Lunch for day 1 <input type="checkbox"/> Sleeping pad/ Thermarest <input type="checkbox"/> Compressible sleeping bag <input type="checkbox"/> Bug spray and sunscreen <input type="checkbox"/> Lip balm <input type="checkbox"/> Hand sanitizer/wipes <input type="checkbox"/> Toothbrush/toothpaste <input type="checkbox"/> Brown paper bags for toilet paper disposal <input type="checkbox"/> Personal medications <input type="checkbox"/> Personal first aid kit <input type="checkbox"/> Toilet paper in Ziploc (estimate 1 roll/week/person) <input type="checkbox"/> Quick-dry towel <input type="checkbox"/> Pocket knife <input type="checkbox"/> Lighter <input type="checkbox"/> Flashlight/ headlamp <input type="checkbox"/> Water bottle (min. 1 litre) <input type="checkbox"/> Dry bag for day use <input type="checkbox"/> Backpacking style tent with full rainfly <p style="text-align: center;"><u>Optional Gear</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera and waterproof case <input type="checkbox"/> Camp Chair <input type="checkbox"/> Binoculars <input type="checkbox"/> Ear plugs <input type="checkbox"/> Fishing gear and fishing license <input type="checkbox"/> Book <input type="checkbox"/> Cards or small travel games <input type="checkbox"/> Hacky sack, Frisbee <input type="checkbox"/> Bug jacket <input type="checkbox"/> Journal/diary/pen <input type="checkbox"/> Clothes - to be left in the van 	<ul style="list-style-type: none"> <input type="checkbox"/> Drybags and barrels <input type="checkbox"/> Canoes <input type="checkbox"/> Paddles <input type="checkbox"/> PFD's <input type="checkbox"/> Bailers <input type="checkbox"/> Throwbags <input type="checkbox"/> River Rescue Kit <input type="checkbox"/> Helmets (if needed) <input type="checkbox"/> Rope for tying in gear <input type="checkbox"/> Canoe repair kit <input type="checkbox"/> Maps <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Satellite phone/ SPOT <input type="checkbox"/> Camp tarps <input type="checkbox"/> Stoves and fuel <input type="checkbox"/> Pots <input type="checkbox"/> Coffee pot/kettle <input type="checkbox"/> Camp table <input type="checkbox"/> Fry pan <input type="checkbox"/> Shovel for latrine <input type="checkbox"/> Cooking utensils <input type="checkbox"/> Axe/saw <input type="checkbox"/> Fire box <input type="checkbox"/> Fire starter/lighter <input type="checkbox"/> Dish soap/scrubbers <input type="checkbox"/> Water filter <input type="checkbox"/> Bear spray/bear bangers <p style="text-align: center;"><u>Food provided</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> We provide breakfast, lunch and suppers, except: <input type="checkbox"/> You will need to bring your own lunch for day 1 and your individual snacks for the trip <input type="checkbox"/> Hot beverages (tea, hot chocolate)