

Campfire Ministries Adventure Challenge Ocean Canoeing Trip

Note: The west coast marine environment can be cold and wet, even in summer.

It is best to bring extra layers of clothes that on a cold day you can stand around and still be warm with minimum activity.

Equipment you will need to bring:

Clothing

Preferred clothing materials include: synthetic, wool, polyester, poly pro, fleece, spandex and nylon. Clothes that dry quickly are important in a marine environment.

No jeans - Cotton is not recommended.

- Pants / Convertibles
- Shorts
- Long underwear and/or fleece pants
- Long underwear top and/or long sleeved shirt
- T-shirts - non cotton
- Socks 3 - 4 pairs
- Underwear

You will need 2 complete sets of the above listed clothing.

- Fleece Jacket
- Toque/Fleece hat
- Gloves for paddling (optional Garden Gloves work)
- Sun hat
- Rain Coat/Hat
- Rain pants
- Shoes for in camp
- Water shoes or sandals, ***no flip-flops or slip-on sandals***

Other Equipment

- Flashlight or headlamp
- Toiletries
- Non-breakable dishes and utensils (bowl, cup & spoon minimum, insulated mug)
- Sunscreen
- Water bottle
- Warm Sleeping Bag
- Sleeping Pad -Thermarest or insulite pads are best - ***no thick air mattresses***
- 2 stuff sacks and/ or dry bags - for gear and clothes
- Camera (optional) (waterproof case is adviseable)
- Bible
- 5 -10 garbage bags