



Healing Canoe Journeys: **YUKON**

2024 Packing List

Email: office@firesideadventures.ca
Phone: (604) 241-9169
For Webpage and Trip Details: [Click here](#)



Contents

Packing List.....	2
Gear Must-brings.....	2
Clothing Must-brings.....	2
Toiletries.....	2
Recommended Items.....	2
Do not Bring.....	2
Packing Tips.....	3

Packing List

Gear Must-brings

- Small day backpack (for hikes and items you'll need throughout the average day of paddling)
- Large enough bag to carry all of the gear in this list. Your youth needs to be able to carry it short distances.
- Sleeping pad (really important for insulation and comfort)
- Sleeping bag (0*c - 15*c recommended)
- Two 1L water bottles (no Gatorade squirt style)
- Headlamp (extra batteries)
- Towel
- Sunglasses
- Sun hat/toque
- Mobile phone
- Journal + Writing utensils

Toiletries

*Must be airplane travel size

- Toothbrush/toothpaste
- Soap (Castile recommended)
- Sunblock (SPF 30)
- Bug repellent
- Menstrual products
- Eye care (if required)
- Aloe Vera cream
- Personal first aid Kit
- Medication (2 of each in case of damage)
- Mesh laundry bag

Clothing Must-brings

*Enough for 10 days

- Rain jacket + rain pants
- Warm jacket/fleece
- Shoes for dry land (need to be good enough for a short hike)
- Sandals or water shoes
- Underwear/socks
- Shorts
- Long quick-dry pants (x2)
- Comfortable camp clothing
- Long-sleeved shirt
- T-shirts (avoid cotton)
- Warm underlayers (such as long johns)
- Swimming suit (x2)
- Sleepwear
- Gloves

Recommended Items

- Small travel pillow
- Puffy jacket
- Bandana
- Goggles / Snorkel mask
- Personal first aid kit
- Compass
- Whistle

Do not Bring

- x Narcotics, alcohol, cigarettes, vapes
- x **Inappropriate clothing (cotton, jeans)**
- x Aftershave/cologne/perfume
- x Anything requiring electricity

Packing Tips

It is important to pack the appropriate gear for an optimal experience. Allow the participant to engage with the gathering and packing of the appropriate clothing and equipment needed for this course, as their involvement in the packing process can help with feeling more comfortable and confident before departure.

Below are some tips to help make packing easier:

- ❖ Please pack clothing that can get dirty. Choose functionality over fashion.
- ❖ Do not bring anything to the course that you are not willing to lose – things happen! With this in mind, non-waterproof electronics are NOT recommended.
- ❖ It is not necessary to go out and buy every item; many outdoor stores have good used equipment or offer rentals. Many of the clothing items on the list can be found quite reasonably at large department stores or even at some second-hand shops.
- ❖ Temperature and condition vary daily. It is important to bring a variety of layers to keep warm in the evenings and cool during the days. Quick-drying material is lightweight, easy to pack, and dries quickly. Wool and synthetic fibre clothing are also great options for setting you up for success.
- ❖ We are exposed to the elements on the water daily. Good quality waterproofs and sun protection set you up for happy days and chill evenings around the fire.
- ❖ **No cotton!** Cotton is a poor material as it stays wet and cold for a long time. Typical sports wear (basketball shorts, polyester shirt) works better.
- ❖ Please label EVERYTHING with first and last names so we can all keep track of our own gear.