

Keep in mind your enrollment fees include:

- MSR Hubba Hubba 2 person tent
- Sleeping bag,
- Sleeping pad
- 60L storage barrel
- Healthy, whole-food menu

PACKING LIST		
GEAR	<input type="checkbox"/> Travel documentation	Waterproofed
	<input type="checkbox"/> Small day pack (approximately 25L)	This bag will be used as your carry on for the plane, around town in Whitehorse, and to store items you don't want to bring on the expedition while we are on the river.
	<input type="checkbox"/> Duffel bag or large dry bag (60-80L)	Used to pack your gear and clothing in. Dry bags are ideal; however, if you do not have any, you can use a duffel bag with heavy-duty garbage bags to waterproof gear, as long as you don't mind getting the bag wet.
	<input type="checkbox"/> Medium dry bag (between 10 and 20 litres)	This dry bag will be your "river bag", where you can store items you need during the day while we are paddling.
	<input type="checkbox"/> Sleeping bag (plus a small, compactable pillow is optional)	Temperatures can drop close to zero at night, even in the summer. We recommend a sleeping bag with a rating between -10 and -5 degrees C.
	<input type="checkbox"/> Sleeping pad	Thermarest style camping matt- compactable
	<input type="checkbox"/> Small camp chair or sit pad	For sitting at camp, and to be used to sit on in the canoe (dual-purpose). We recommend a Crazy Creek style-chair, or a piece of foam at minimum (You can buy a cheap foam from Canadian Tire and cut it into pieces).
	<input type="checkbox"/> Headlamp with extra batteries	
	<input type="checkbox"/> Personal first aid kit	
	<input type="checkbox"/> Spending money	Cash - especially for Dawson City
	<input type="checkbox"/> Eye mask and ear plugs	
	<input type="checkbox"/> Water bottle 1 L x 2	Nalgens are great and lightweight
	<input type="checkbox"/> Fishing rod	Optional
	<input type="checkbox"/> PFD and paddle	Optional - if you like your own then bring it)
	<input type="checkbox"/> Braces (knees, ankles) if needed	
	<input type="checkbox"/> Watch	
<input type="checkbox"/> Whistle and pocket knife		
<input type="checkbox"/> Camera or Go Pro	(optional- but amazing to have)	

CLOTHES

<input type="checkbox"/> City & travel clothing x 2 sets	Clothes for Dawson City (jeans are allowed)
<input type="checkbox"/> Underwear x 7-10	
<input type="checkbox"/> Sports bra x 3	If needed
<input type="checkbox"/> Pyjamas	
<input type="checkbox"/> Wool socks x 5	Bring warm wool socks designed for hiking or skiing.
<input type="checkbox"/> Base layers x 1	A thermal base layer for the top and bottom will help keep you warm. Look for merino wool or polypropylene layers that can be worn under your outer clothes.
<input type="checkbox"/> Camp pants x 1	Fleece or yoga pants to wear around camp.
<input type="checkbox"/> Quick dry pants x 2	These are to wear on the river. Hiking pants are ideal.
<input type="checkbox"/> Quick dry shorts x 1	
<input type="checkbox"/> Rain pants x 1	Breathable material is preferable, but rubber rain pants will do the trick.
<input type="checkbox"/> Quick dry tops x 5	Some t-shirts, some long sleeves
<input type="checkbox"/> Fleece, or warm sweater	Wool, polypropylene or fleece is ideal.
<input type="checkbox"/> Bathing suit x 1	In case you're feeling up for a river dip!
<input type="checkbox"/> Quick-dry towel x 2	Travel or microfibre towels only -please no regular towels.
<input type="checkbox"/> Puffy jacket or vest x 1	A down or synthetic layer will help keep you cozy when the sun goes down. Not necessary, but recommended if you often get cold.
<input type="checkbox"/> Rain jacket or Gore-tex x 1	Make sure it is actually waterproof!
<input type="checkbox"/> Warm hat or Toque x 1	
<input type="checkbox"/> Sun/rain hat	A tilly hat or baseball cap will help keep sun and rain off your face.
<input type="checkbox"/> Sunglasses x 2	Essential to protecting your eyes from the glare off the water. We recommend having them on a strap in case they slip off your face.
<input type="checkbox"/> Outdoor sandals with back strap/ or water shoes	For wearing in the canoe. You want to have shoes that you are fine getting wet, and will dry quickly! For example: Tevas, Crocs, Natives, etc. Some people also bring rainboots to wear in the canoe.
<input type="checkbox"/> Hikers/Boots/Comfortable shoes you want to wear around camp	Running shoes are fine too. Make sure you can wear warm socks!
<input type="checkbox"/> Wool mitts	You may not actually wear mitts but it's nice to have just in case you are feeling cold
<input type="checkbox"/> Paddling gloves	Optional, but nice to have

TOILETRIES	<input type="checkbox"/> Comb/Brush	
	<input type="checkbox"/> Toothbrush & toothpaste, floss	
	<input type="checkbox"/> Biodegradable soap	Dr Bronners is great for washing your face, splashing your body and even your hair, in a pinch!
	<input type="checkbox"/> Sun block	
	<input type="checkbox"/> Bug repellent	
	<input type="checkbox"/> Hand sanitizer	
	<input type="checkbox"/> Menstrual products if needed	
	<input type="checkbox"/> Eye care if needed	
	<input type="checkbox"/> Aloe Vera cream	
	<input type="checkbox"/> Medication - waterproofed	2 of everything in case of damage or loss of medication during trip
	<input type="checkbox"/> Nail clippers	

THE FOLLOWING ITEMS ARE NOT PERMITTED ON TRIP:

- Portable video games/computers
- Cigarettes/alcohol/narcotics
- Inappropriate clothing (suggestive or derogatory)
- Anything scented (aftershave, perfume, hair products)
- Anything requiring electricity to operate