

## Upper Iowa Canoe Participant Clothing & Gear List

Luther will provide the basic gear you need for the trip. This includes the following:

- canoe, pfd (personal flotation device), paddle, tent, dry bag (one per canoe), 2 large ziplock bags, cooking gear, meals, and snacks

You probably have most of these items already and we do not want you to spend a lot of money to prepare for this trip.

For your personal items, use the following list as a guide:

### Gear to Use While Canoeing

- hat with visor and bandana
- rain jacket and rain pants (ponchos are not recommended; the rain jacket is a must because being wet and cold is no fun but the you probably could get by without the rain pants. It may not rain – but you'll want these if it does)
- 1 warm top such as "Polar Plus," polar fleece, or wool. NOT COTTON.
- 1 pair of non-cotton pants (sweats and jeans are discouraged because of drying time)
- 1 t-shirt (non-cotton is better)
- 1 pair of shorts (these could be hiking or athletic shorts)
- 1 swim suit
- wool socks (to keep your feet warm)
- footwear for the canoe: old tennis shoes work great. YOU WILL WANT SOMETHING ON YOUR FEET FOR PROTECTION.
- camera, if desired (in a water-proof container)
- 1 pair long underwear tops and bottoms (polypropylene or equivalent "wicking" material is recommended). The long underwear must not contain cotton. This is not a must and depends on how well you respond to cold; be aware it could be chilly that time of the year. Imagine yourself wet and in the wind for an hour.
- knit cap
- sunglasses, suntan lotion, lip balm
- water bottle
- insect repellent (at least 30% Deet, or alternatives)

Gear to Use in Camp (this will be transported from site to site by van; it will sit unattended in the campground until our arrival, so do not leave any valuables)

- 1 long sleeve flannel shirt (or equivalent)
- underwear
- wool socks (one pair to have dry at the end of the day)
- quick drying towel or small hand towel; washcloth
- toiletries
- sleeping bag
- foam or Therm-a-rest insulated sleeping pad (this depends on your comfort needs)
- flashlight or headlamp
- mug for hot drinks, food and water
- book, paper, pencil or pen
- small hand towel and/or wash cloth
- 1 set of clean clothes, shoes and towel to be used after completion of the trip