

# Women's Trip Packing List



**COLDWATER**  
— CANADA —

Please take the time to carefully read through this canoe trip packing list. Every item on the list is **necessary** for you to experience a safe and comfortable wilderness expedition. Before departure, all equipment will be reviewed by instructors to ensure that it meets or exceeds our requirements. Please do **not** bring additional equipment as it will contribute to a heavier and slower trip experience.

For any required clothing or equipment that you do not already have, we suggest either borrowing from friends or family, purchasing used from a thrift store, Marketplace or Kijiji, or buying new from stores like MEC, SAIL, Canadian Tire, etc.. Coldwater also has a small selection of equipment and clothing that we let students rent or borrow if they are missing items but sizing is limited. If you wish to **borrow** an item please make sure to contact us at least two weeks prior to the trip to make sure we have what you are looking for and can reserve it for you. Before your trip, you will be issued a canoe pack, ground sheet and sleeping pad (if required). Your canoe pack will fit all of your personal clothing and equipment, along with some group gear.

## LAYERING SYSTEM:

We divide our backcountry clothing into three main categories: baselayer, midlayer, and outer layer. Using this layering system allows clothing items to be worn together or separately, achieving optimum body temperature control. **Please do not bring any cotton products on this trip.** When wet, cotton offers no insulation, draws heat away from the body and takes a substantial time to dry. Instead, find synthetic (polyester 'fleece', polypropylene, capilene, nylon, lycra...) or natural fibers (wool). These materials dry faster and maintain insulation when wet. To reiterate: **NO COTTON** unless otherwise specified.

CLOTHING		
<b>BASE LAYER</b>		
The innermost layer is critical because it's in direct contact with your skin. Base layers should transport moisture away from the skin and disperse it to the air or outer layers, where it can evaporate. Since water conducts heat, damp clothing draws heat away from your body. Cotton holds water, while synthetics and wool allow moisture to pass through. These layers are light, strong, absorb very little water and are quick to dry. Base layers should fit snugly without being restrictive.		
Socks	3-4 pairs	Mid-weight wool or synthetic socks (NO cotton) You can also bring liner socks to wick away moisture and prevent blistering
Underwear	3-7 pairs	Synthetic
Sports Bra	2	Synthetic
T-shirts	2	Athletic or sport shirts work best.
Long Underwear	1 pair	Wool or synthetic blend
Long-sleeved Shirt	1	Wool or synthetic blend
<b>MIDDLE INSULATING LAYER</b>		
The mid-layer provides insulation between the base and outer layer, continuing the transportation of moisture away from the inner layer. To help retain body heat and slow heat loss, this layer must effectively trap warmth. Wool and synthetic materials such as polyester or polypropylene are ideal for this purpose. Similar to the inner layer, the mid-layer should fit snugly without being restrictive. Optional features such as pit zippers, quarter length or full-length front zippers allow for added ventilation.		

Bug Shirt	1	A lightweight, loose fitting shirt (ideally with a collar) that helps keep the bugs away. Old dress shirts and Columbia PFG style shirts work well.
Midweight long-sleeve	1	Wool or synthetic blend
Fleece Jacket or Sweater	1	Mid or heavy-weight fleece jacket or a wool jacket or sweater. <b>NOT</b> a cotton hoodie. Ex. a fleece long sleeve, a synthetic puffy.
Shorts	1-2 pairs	Athletic or nylon, quick dry. Can double as a swimsuit for men.
Long Pants	1-2 pairs	Synthetic blend, NO jeans or cotton sweatpants. Tip: A looser fit is good for keeping bugs away from your legs.

### OUTER LAYER

The outer layer protects you from the elements, allowing air to circulate and excess moisture to escape. Since we travel through environments that are prone to severe weather, a waterproof rain jacket is recommended. A shell made of a breathable and waterproof fabric will protect you from wind and rain, and allow water vapor to escape.

Rain Gear (Hooded Jacket and Pants)	1 set	A durable, roomy, waterproof and breathable garment that will fit over your other layers. A 2-3 layer jacket with taped seams made of a reputable waterproof fabric is recommended (such as: <i>Gore-tex, Pertex, Omni-Tech, etc.</i> ). Wearing non-breathable rain gear (such as yellow fisherman raincoats) can lead to sweating, which can leave you as wet as if you weren't wearing a rain jacket at all. We suggest sizing your rain gear to comfortably fit over any insulating layers. If it extends below your waist that is an added benefit.
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### ADDITIONAL REQUIRED CLOTHING

Swimsuit	1	One piece or tankini. An extra pair of shorts can substitute for a swimsuit.
Bandana/Buff	1-2	Cotton is fine
Hat	1	Baseball or sun hat
Bug Head Net/Shirt	1	One that covers your head; good to get one that protects against black flies (specifically for summer trips).
Toque	1-2	Wool or synthetic
Work Gloves	1 pair	Leather gloves to be worn when working around the fire and gathering wood

## FOOTWEAR

Shoes (Flimsy and unsupportive "water" shoes and "skate" shoes are <b>NOT</b> suitable)	2 pairs	1 pair of "wet" shoes. These will be worn the majority of the trip, specifically while paddling and portaging. Old running shoes that allow water to drain work best. These shoes must be <b>closed toed and supportive</b> , preferably with decent tread.
		1 pair of "dry" <b>closed toed</b> camp shoes. These will be kept dry in order to wear at campsites and on hikes. Running shoes or trail hikers work well.

## PERSONAL ITEMS

Mummy Sleeping Bag	1	Temperature rating between <b>0 to -7 degrees Celsius with a mummy hood</b> . Please note that down fill bags are not ideal for the wet conditions we
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		encounter. <b>Quality sleeping bags are available to rent from Coldwater Canada upon request. Please contact: <a href="mailto:programs@coldwatercanada.org">programs@coldwatercanada.org</a></b>
Toiletry Items	1 each	Toothpaste, toothbrush, lip balm, biodegradable soap - additional items might include: facecloth, wet wipes, feminine hygiene products
Towel	1	Non-cotton quick dry towel or microfibre cloths work well
Sunscreen	1	Small tube, SPF 30+
Headlamp	1	Headlamp is preferred over handheld flashlight
Batteries	2 sets	1 set in your headlamp, 1 spare set ( <b>both sets mandatory</b> )
Bible	1	Preferably small with Old and New Testament
Journal/ Notebook	1	Bring 2 pens/pencils to write with
Durable Spoon	1	Could be a camping spoon or a metal one from your kitchen!
Plastic Travel Mug	1	Used for hot drinks and must have a lid
Nalgene Bottle	1	1L wide mouth to fit our filtration system. If you do not have one, we have Coldwater Nalgene's available for purchase
Sunglasses	1	We recommend bringing a retaining strap so they don't get lost
Prescription Medication		If you have any prescription medication please bring it

## PACKING AND STORAGE

Stuff Sacks	2-4	Helpful for organizing clothes, Bible, toiletries, utensils and other items inside your canoe pack. Various sizes will help with organization.
Ziplock Bags	4-8	Small and large for waterproofing your Bible, journal, toiletries, camera, headlamp, extra batteries and other items
Garbage Bags	3	Heavy-duty black garbage bags for waterproofing gear. Industrial ones work well.

## OPTIONAL ITEMS

Sleeping Pad - Closed-Cell Foam or Inflatable	1	We <b>highly recommend</b> that you bring a small inflatable sleeping pad for comfort while sleeping. It should compress smaller than a sleeping bag. If you do not have one, you will be issued a closed-cell foam sleeping pad from Coldwater.
Small collapsible camp chair	1	<b>Highly Recommended</b> Like a <i>Crazy Creek</i> , <i>Helinox</i> , 3-legged stool or similar equivalent
Small Camping Pillow	1	We <b>highly recommend</b> bringing a compact and packable camping pillow. Like a <i>NEMO Fillo</i> , <i>Therm-a-rest Compressible</i> , <i>MEC Deluxe</i> or similar equivalent
Dry Bag	1	A large dry bag (approx 30-40 L) can be used to hold all of your clothes and sleeping bag while keeping them dry.
Light Nylon Windbreaker	1	If you do not have a windbreaker, your rain jacket is a good substitute

Digital Camera	1	Bring extra batteries and a protective case. Coldwater cannot ensure the safety of this item. An inexpensive, disposable or waterproof camera is recommended. Also bring ziplock bags to waterproof it! Remember you will not be able to use your phone as a camera.
Down/ synthetic puffy jacket	1	For extra warmth
Vest	1	For extra warmth
Sleeping bag liner	1	Silk or synthetic sleeping bag liner that adds warmth
Moleskin	1 pkg	Blister protection and treatment for feet (important for backpacking trips)
Belt	1	If needed for your pants
Small Folding Knife	1	10 cm max folding blade length
Insect Repellent	1	Liquid spray or squirt bottle. No aerosol cans!
Thermacell	1	Portable mosquito repeller - highly recommended!
Gloves	1 pair	Wool or synthetic for paddling on cold days. Neoprene paddling gloves or work gloves work well.
Earplugs	1 pair	Highly recommended for light sleepers
Fishing Gear	1	Collapsible fishing rod, rod holder, tackle and a valid Ontario fishing license

### BEFORE/AFTER TRIP

Please arrive wearing comfortable clothes. We suggest bringing a separate toiletries bag (including towel, showering supplies, etc.) for pre/post trip. None of these items will be brought on the trip and will be stored safely at camp.

Change of Clothes	2 sets	Clothes to change into following the completion of your wilderness trip
Shoes/Sandals	1 pair	For wearing to and from the basecamp
Shampoo/Soap/ Towel/Shower Shoes	1 each	For post-wilderness clean up!
Money		To purchase any Coldwater swag
Sleeping Attire + Pillow	1 set	For sleeping at the basecamp

### CLOSING COMMENTS

Please note that you will be asked to leave any phones, music devices, etc. at our basecamp. Your equipment and clothing help to create a safe and enjoyable trip for you and your group members. If you have any questions, or if you are purchasing equipment specifically for the course and would like more information regarding any of the items on the packing list, feel free to contact us at [programs@coldwatercanada.org](mailto:programs@coldwatercanada.org).