

To Bring List - for On-the-Water Weekend

All Participants and Trainers:

PFD

Paddle

Whistle (pealess)

Knee pads or kneeling pad (optional but recommended)

1 litre or larger water bottle.

Sun Glasses (Polaroid classes help you see the rocks in the water better than regular sunglasses)

\$7.00 for camp fee

Camping equipment, cooking gear including stove and food for weekend (9:00 am Sat. to 1:00 pm Sun)

Clothing and shoes that can get wet

Sun hat (broad rim)

Day pack to carry rain gear, change of clothing, coat, 1st Aid kit, etc. (water proof)

Bathing suit

Clothing for in camp use

For Those Bringing Canoes:

Spare paddle

Throw bag or 50 foot or longer throw rope

Painters

Bailer (and sponge)

One or two 50 – 100 foot lining ropes