

2023 OMC Canoe Trip Personal Equipment List

Required Travel Documents

Option 1 - Passport

Option 2 - Passcard

Option 3 - Gov't Issued Photo ID with original

Birth Certificate. (Drivers License or Non-Driver's
Photo ID from DMV qualifies as Gov't photo ID)

ArriveCAN and Covid-19 Vaccine document

Mandatory Equipment

1 River Bag: OMC will provide waterproof River Bags to all participants. Frame Packs are not allowed.

- 1 Sleeping Bag:** Be aware that night temperatures can dip below freezing in Canada. Bags of at least 30° comfort level are advised. This needs to be packed in the River Bag. "Highly Packable" synthetic bags are the best as they pack small enough to fit comfortably in your provided River Bag. Large cotton rolled sleeping bags will not pack down small enough to fit in your river bag.

- Approximately \$40 for meals during the drive

- Raingear – Jacket and Pants are required!** Poncho's are **NOT** allowed. (**cheap plastic raingear will not last the week**)

- 1 Hygienic pouch:** toothbrush, toothpaste, soap and/or shampoo, face cloth.

- 1 Roll of toilet paper** in Zip-Lock bag.

- 1 Flashlight or headlamp** with extra batteries

- 1 Insect repellent**

- 2 –1 Qt. Nalgene(or equal) water bottles** (2 qts total) **No Personal Hydration Packs allowed.**

- 1 Personal mess kit:** plate/bowl, mug, fork, knife, spoon. (see packing guide page on website)

- 1 Hat for Sun Protection**

- 1 Bottle sunscreen SPF 30 or greater in Zip Lock Bag. NO SPRAY TYPE LOTION ONLY**

- 1 Separate duffel bag to remain in the van during the trip week.** "Van Bag" Include clean towel, clothing and shoes for the ride home. Also suggested: extra shampoo, soap, razor,

Clothing & Misc.

- Zip lock bags or stuff sacks for clothes (see packing guide pages on Website)

- 1 Heavy-weight long sleeve shirt** (poly-pro)

- 1 Fleece/sweater/windbreaker**

- 1 Lightweight long sleeve shirt** (poly-pro)

- 1 Pair of lightweight pants, i.e. windpants**

- 1 Pair of pants: do not bring Blue Jeans!! Fleece is best. Dries fast and will keep you warm if wet.**

- Sunglasses

- 2 Pair shorts**

- 2 Bathing suits**
- Towel-Micro fiber (when wet keep out of river bag)
- 1 Pair canoeing shoes, ie: Teva, Chaco or Keens**
NO CROCS or SOCK TYPE AS RIVER SHOES
- 1 Pair camp shoes, ie: sneakers or boots** (keep these dry) **NO FLIP FLOPS, CROCS are OK**
- 5 T-shirts** (poly pro are light and dry quickly)
- 5 Pairs socks, 3 light, 2 heavy**
- ? Underwear** (you decide!)
- Winter hat** (for cold nights and bug protection)
- Lip Balm or Chapstick and Anti-chafe Stick (portages)

Optional Equipment (but highly recommended)

- 1 Sleeping pad** (We have some for campers use)
- 1 Dry bag small "Day Bag"** (See Website packing guide)
- 1 Camp pillow**
- 1 Bandana**
- 1 Camera** (Pack in waterproof case)
- 1 Book and journal**

Group Equipment

Each camping unit will be issued their own community equipment, including cooking equipment, tents, tarps, and canoe equipment

Personal equipment problems

Campers are expected to provide for all of their own personal gear. However, if you have problems finding something, let us know in advance and the staff may be able to help. **Do not wait until the day of the trip to alert us of gear problems.**

Raingear is MANDATORY!!!!

Food

Breakfasts, lunches, snacks and dinners are provided during the week. Liquids are very important during the trip to combat dehydration. On average one needs 2-3 quarts of liquid per day while canoeing, even more when it is hot.

NO CELLPHONE/I-PADS/ SMARTPHONES/ LAPTOPS!!!! LEAVE THEM AT HOME!!!!

(I-pods and Mp3 players allowed ONLY for Van Ride!)

Any food allergies or special dietary requirements (ie: vegetarian) must be reported to the **trip coordinator immediately** as trip food is purchased well in advance. **Please email Kevin at: kevincorliss@comcast.net ASAP so that he can accommodate any of these issues.**

Web: <https://www.thesouthchurch.us/canoe.html>