

Packing List

Participants will be given a dry bag to pack their personal gear in.

Packing list:

- Water Bottle
- Rain Jacket
- Spare change of clothing
- Sturdy shoes that can get wet. (old sneakers, crocs, water shoes) Not flip-flops, thongs, or slides.
- Toiletries (toothbrush/toothpaste)
- Sleeping bag (one will be provided if needed, Please no heavy cotton bags)
- Clothing for three days and two nights. (Pants, Socks, shirts.)
- Warm layer (wool or fleece is better than cotton as it is still warm if its wet)
- Dry shoes (to change into at camp)
- Headlamp or flashlight
- Optional items; Sunglasses, Hat, spare socks & dry shoes, lip balm & sunscreen.

Gear such as tent, sleeping pads, dry bags, cooking, and all canoe related equipment will be supplied by NEK Guides. Feel free to reach out to me directly at NEKGuides@gmail.com or check us out on social media @NEKGuides.