

Gibimishkaadimin - What I CANNOT Bring

Indicate what you are unable to bring.
Add your name at the bottom of the list.
Send the list to beth@symeslaw.ca

☐ 1 duffel bag. Everything you bring should fit in this bag. The duffel is to simplify travel from your home to Temagami and make it easier to identify when you arrive. It will not be going on trail with you. Special canoe packs will be available for you to pack your gear in at base camp.

A note about clothing: whenever possible please try to bring clothing made from wool, synthetic fibers or polyester blends as opposed to cotton. Wool and Synthetic fibers are more durable and keep you warmer when they are wet than cotton.

- ☐ 1 durable water bottle, 1 liter capacity (available at most outdoor stores)
- ☐ 4 pairs of underwear (more or less, you decide)
- ☐ 1 pair of long underwear (tops and bottoms, synthetic fiber or polyester blend, not cotton.)
- ☐ 3 pairs of warm wool socks
- ☐ 2 pairs of cotton socks
- ☐ 1 pairs of shorts (light weight & durable)
- ☐ 2 long sleeve shirts (synthetic fiber or polyester blend, try to avoid cotton if possible)
- ☐ 3 tee shirts
- ☐ 3 pairs of pants (proper fitting, light weight and durable. Try to avoid jeans (one pair is O.K.) as they are heavy and difficult to dry. Again, wool, synthetic fiber or a polyester blend is best. Please avoid pants which are way too large)
- ☐ 1 belt
- ☐ 1 swimsuit
- ☐ 1 hat with brim
- ☐ 1 wool or fleece hat
- ☐ 2 cotton bandannas
- ☐ 1 heavy woolen shirt or fleece jacket (latter is better as it dries faster)
- ☐ 1 towel
- ☐ 1 set of rain gear (jacket and pants, no ponchos please)
- ☐ 1 pair of 'dry shoes' (these shoes will be worn on trail, at the end of the day and while hiking. They should be sneakers or boots with ankle support.
- ☐ 1 pair 'wet shoes' (these shoes will be worn throughout the day while on trail. They will be getting wet and possibly muddy. Please bring shoes that you don't mind getting wet and dirty, but ones that will also give you ample support while portaging—worn hiking boots/shoes or sneakers would be fine.)

Please note: Teva's or sandals of any kind are dangerous on the trail. They will not be accepted as a substitute for trail footwear.

- ☐ 1 pair UV rated sunglasses.
- ☐ environmentally friendly toiletries
- ☐ sleeping bag
- ☐ Compact Thermo-rest or sleeping pad (rated for 5 degrees C or lower)
- ☐ flashlight with extra batteries
- ☐ small daypack or dry bag to carry items you might use during the day.

NOTES

Sunscreen, insect repellent, biodegradable soap, toothpaste, and feminine hygiene products will be supplied.

- ☐ If you do not have a sleeping bag, or rain gear, the Outfitter will loan you them for the trip.

Your Name

- ☐ Please return the completed list to me at beth@symeslaw.ca