



What to Bring (and what not to bring!)

Following is a list of recommended equipment needed for the Expedition, plus a list of what not to bring. Starred items (*) are required. Camping gear is not required for day paddlers.

Please mark all of your gear for easy identification.

1) Paddling Gear:

- a) ***Canoe, kayak or other paddlecraft**; either solo or tandem
- b) ***Paddles**: please bring at least one (1) spare paddle per boat.
- c) ***PFD** (Personal Floatation Device – wearable and serviceable), Type II or III for every person.
- d) *1 **bailer** (plastic can or sponge)
- e) * **Safety whistle** for each paddler
- f) *2 **painters** (bow & stern lines, 1/4" – 3/8", 6-8 foot in length)
- g) Assorted lines for securing gear in the canoe: We strongly recommend that all gear in your boat be attached to the boat while on the river.

2) Day Pack, to be carried on water during the day:

- a) *1 change of **dry clothes** in a waterproof bag
- b) *1 bottle of **sun block** (15 or greater)
- c) *1 each – **long sleeve shirt and pants**
- d) * **Rain gear**
- e) *1 pair shoes, water tolerant, wet/dry type, may be tennis shoes or strap type sandals, **NO THONGS**. Shoes must be worn at all times on the expedition!
- f) * **Personal first aid kit**
- g) ***Extra water** – 1 gallon per paddler/day – As a registrant, you will receive a water bottle, and we will fill your water bottle during the trip. Some people, however, require more water, so you need to be prepared - but remember that proper hydration is important.
- h) 1 Wind breaker
- i) pair of sunglasses with safety strap
- j) 1 hat (one that stays on in the wind)
- k) Pocket knife
- l) Flash Light: a head lamp style is recommended.
- m) Snacks
- n) Insect Repellant & Hand lotion
- o) Paper Towels in zip lock
- p) Map & Compass (river maps will be provided to Expedition members)
- q) Camera (waterproof, or in a waterproof case)
- r) Binoculars
- s) GPS
- t) Prescription Medication
- u) Personal items

- 3) **CAMP EQUIPMENT** – To go into transportation vehicles. All to go into one very large bag, OR one large and one small bag. As tents are often wet from dew or rain we recommend that your sleeping bags and clothing be packed in waterproof bags.
- a) ***Tent**
 - b) ***Sleeping Bag**
 - c) ***Towels / Wash Cloth**
 - d) ***Change of Clothes including foot wear** for as many days as you are registered for on the Expedition. As the weather may (will – this is Michigan) vary you should be prepared for unseasonably cool weather as well as July heat.
 - e) ***Personal Items**
 - f) **Flashlight** – headlight type is very convenient, freeing up your hands
 - g) **Extra batteries** (for flash light, GPS, etc.)
 - h) Sleeping pad
 - i) Rope – for hanging up wet clothes, towels, etc.
 - j) Zip-lock bags, for keeping equipment dry
 - k) Snacks – We expect that some snacks will be provided on most days.
 - l) Eating Utensils (Cup, Bowl, Silverware)
 - m) Compact folding chair

What NOT to Bring

- 1) Alcohol
- 2) Recreational and/or mind-altering drugs
- 3) Tobacco
- 4) Fireworks
- 5) Firearms
- 6) Electronic games (especially on the river)
- 7) Radios and music players – Please do not bring these on the river. Personal music players with headphones are OK in camp, but please remember that the expedition is about interacting with the public and with nature.
- 8) Cell Phones: Lead, sweep and safety boats will have cell phones for communication and emergencies. When on the river and when interacting with the public all members of the expedition should be focused on the moment and the environment. If you must carry a cell phone, please leave it off and secure it in a waterproof container.

5/24/10