**PERSONAL MATERIAL LIST for the Teslin River**

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| EATING AND MEAL PREPARATION |
|  |  | 1 Nalgene type 1L water bottle w/carabiner to attach in canoe |
|  |  | 1 1L Thermos |
|  |  | Wide mouth thermos |
|  |  | Lunch for first day |
|  |  | Food organized for 8 days |
|  |  | Fire kit- matches, lighter, fire starter |
|  |  |  |
| CLOTHING |
|  |  | 2 wool/synthetic long underwear bottoms |
|  |  | 2 wool/synth. long sleeve shirts |
|  |  | 1 pair quick-drying synth. pants |
|  |  | 1 pair of shorts |
|  |  | 1 pair of heavy pants (fleece) |
|  |  | 2-3 wool/synth t-shirt |
|  |  | 4 pairs wool or blend socks |
|  |  | 1 fleece or wool sweater |
|  |  | 5-6 pairs of underwear |
|  |  | 2 toques- 1 warm, 1lightweight |
|  |  | 3 pairs of gloves/mitts – 1 pair paddling (neoprene or wool/polypro with dish gloves),  1 pair warm gloves-mitts,  1 pair work gloves |
|  |  | Comfortable camp shoes  |
|  |  | Neoprene socks |
|  |  | Rubber boots + felt insoles/Bama socks |
|  |  | Optional – if you bring sandals- they should have protected toes |
|  |  | Brimmed hat |
|  |  | 1 pair rain pants or Gortex type shell pants |
|  |  | 1 rain jacket |
|  |  | Buff type headband |
|  |  | Bug shirt (optional) |
|  |  | Pyjamas |
|  |  |  |
| GENERAL PERSONAL GEAR |
|  |  | Multi use knife |
|  |  | Quick dry towel |
|  |  | Toilet paper in Ziploc bag with hand sanitizer |
|  |  | Journal/ pencil/ pen in ziploc |
|  |  | Sunscreen and lip balm |
|  |  | Insect repellant |
|  |  | Sunglasses |
|  |  | Toothbrush, paste and floss |
|  |  | Feminine hygiene |
|  |  | Medications |
|  |  | Headlamp and extra batteries |
|  |  | Camera (optional) |
|  |  | Binoculars (optional) |
|  |  | Fishing gear + regulations (optional) |
|  |  | Playing cards and dice (optional) |