

## *Essential Gear List for RANGERS @ Birches*

The RANGERS program will go on a three day canoe trip on the Pine River mid-session. Below is what you should have to bring on the trip, much of it will already be a part of what you have packed for the rest of the session.

<b>ESSENTIAL ITEMS:</b>	<b>DESCRIPTIONS:</b>
<i>Sleeping Bag</i>	Keeps you warm at night (down or synthetic are fine)
<i>Sleeping Pad</i>	Enhances comfort and helps to keep you warm and dry
<i>Day Pack or Medium-sized Duffle Bag</i>	Your school backpack is fine, duffles should be between 3000 – 4000 cubic inches (just like an athletic bag)
<i>Raingear</i>	A complete set (top & bottom) that is fully waterproof
<i>Long Underwear</i>	A complete set, top & bottom (buy synthetic or wool materials – they will keep you warm even when wet)
<i>One Pair of Water Shoes</i>	Any close-toed shoes that you do not mind getting wet, aqua socks are NOT recommended, they do not offer enough support
<i>Camp Shoes</i>	Any old comfortable sneakers to wear around the campsite at the end of the day
<i>Warm Long Pants</i>	Fleece pants are best, but in a pinch the combination of long underwear bottoms and rain pants will do
<i>Wool Socks</i>	About two pairs (they will keep your feet warm even when wet)
<i>Cotton Socks</i>	For at the end of the day to wear around the campsite
<i>Two Pairs of Shorts</i>	
<i>Three T-Shirts</i>	
<i>Fleece Pullover/Jacket</i>	Used as an extra warm layer
<i>Hat with Brim</i>	Used for sun protection
<i>Insulated Mug w/ Lid</i>	Used for hot drinks at campsites