

SOJOURN EQUIPMENT LIST

Essential Items:

- Canoe / Kayak
- Paddles (3 per canoe, 2 per kayak, one tied in)
- 10 - 12' bow and stern lines
- Personal Life Vest (one for each paddler)
- Bailer (cut bleach bottle, tied to canoe)
- Whistle on lanyard
- Water containers (enough for 1 days water ~ 1 gallon / person / day)
- Personal Mess Kit
- Flashlight (extra bulb & batteries)
- Sun screen
- Insect repellent
- Sun glasses (polarized best)
- Sun hat (with long visor)
- Tent & rain fly
- Rain tarp
- Ground cover
- Sleeping bag
- Warm jacket
- Wind Breaker
- Rain Gear
- Water shoes or river sandals
- Long sleeve collared shirt and long pants (sun, bugs, poison ivy)
- Warm weather clothes
- Bath towel
- Water proof bags
- Wool socks
- Personal first aid kit & medicines
- Spare glasses and medicines
- Extra line (to tie and secure boats together)

Optional Items:

- Camera & film
- Insulated cup for hot and cold drinks
- Thermos
- Cooler
- Paper towels
- Gloves & gloves for paddling
- Warm hat
- Long underwear
- Binoculars
- Reading materials
- Pencil/paper
- Seat pads for canoe or kayak
- Knee pads for canoe
- Rescue throw bag
- Matches
- Candles
- Hiking Boots
- Band-Aids or moleskin (blisters!)
- 50' nylon cord (3/32"-1/4")
- Bird or nature guide
- Pocket knife on lanyard
- Sun Shower
- Personal toilet kit
- Dish detergent and scrub pad
- Water gun or "water cannon"
- Snacks for on water breaks