

Massawepie Treks Packing List

- These are the items that should be in or on your pack for shakedown. After gear & food distribution here at camp you may put other things in your pack if you wish. Not before.
- **1/3** of your pack should be empty when all of the items below are packed
- Pack items in Freezer Ziplock bags to keep items dry. Use lightweight drybags to reduce waste

Item:	Packed?
80 Liter Backpacking Backpack <ul style="list-style-type: none"> • Waterproof Liner, Contractor bag works well • Hip Strap • Chest Strap • Waterproof Cover 	
Day Pack , can be as simple as a sling bag	
Tent <ul style="list-style-type: none"> • 2 youth to a tent when possible. Youth must be within two years of age if tenting together. • Adults may opt to tent together or alone, if scouting parameters allow. • Ensure Tent has all pieces, including ground tarp & rain fly 	
Lightweight/Backpacking Sleeping Bag <ul style="list-style-type: none"> • In waterproof stuff sack (or garbage bag) • Ensure your bag will be comfortable in temperatures as low as 40°F 	
Sleeping Pad	
Hiking Boots/Shoes , Waterproof <ul style="list-style-type: none"> • Canoe Treks: For Portaging, hiking, & to wear around campsite • Hiking Treks: For Hiking 	
Water Shoes/Camp Shoes <ul style="list-style-type: none"> • Canoe Treks: <u>Water shoes</u> - Secure enough on your foot that they won't get pulled off walking in knee deep mud. No cheap pairs from the dollar store or crocs. Closed toe • Hiking Treks: <u>Camp shoes</u> to wear around campsite, closed toe 	
Clothing – <u>No Cotton.</u> <div style="float: right;">*Optional, but Recommended</div> <ul style="list-style-type: none"> <input type="checkbox"/> 4 Pairs of Wool Socks <input type="checkbox"/> 3 Pair of pants, Lightweight & Quick dry <input type="checkbox"/> 3 Long Sleeve Shirts, hiking treks may want short sleeve <input type="checkbox"/> 4 Underwear <input type="checkbox"/> Fleece Jacket <input type="checkbox"/> Wide Brimmed Hat <input type="checkbox"/> Winter Cap & Glove Liners <input type="checkbox"/> Raincoat & Rain Pants, <u>no cheap plastic poncho's</u> <input type="checkbox"/> Belt, synthetic <input type="checkbox"/> Sleep Clothes, worn only in sleeping bag, t-shirt & gym shorts acceptable <p style="text-align: center;"><u>*Treat shirts, pants, fleece, brim of hat, backpack, & tent in Sawyer® Permethrin</u></p>	

Ditty Bag – this small bag will hold all small personal smellables <ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Sunscreen 50SPF+ <input type="checkbox"/> Bug Spray <input type="checkbox"/> Hand Sanitizer <input type="checkbox"/> Other Personal Necessities – <u>No</u> cologne, scented deodorant, perfume, razors, etc. Unscented items encouraged <input type="checkbox"/> If bringing soap, bring Dr. Bronner’s or similar, biodegradable 	
Mess Kit <ul style="list-style-type: none"> <input type="checkbox"/> Bowl <input type="checkbox"/> Mug <input type="checkbox"/> Fork <input type="checkbox"/> Spoon 	
2 Water Bottles – at least 1 liter each	
Headlamp or Flashlight , pack extra batteries	
Bug Head Net	
Whistle on Lanyard – Pea-less	
Firestarter	
Pocket Knife , multitool w/ pliers ideal	
Compass w/ Baseplate	
Sunglasses , Neck strap recommended	
Wristwatch , Water Resistant	
Notepad & Pencil	
Personal First Aid Kit , not much bigger than your fist	
2+ Carabiners , you always need em	
6’ of Paracord , properly fused	
Personal Prescription Medications <ul style="list-style-type: none"> • To be carried and distributed by the Voyageur/Guide • In the original bottle and matches the medication and dosage on the medical form • If you do not bring all medications listed on your med form, you may not be permitted to join the trek 	
Cash , \$20-\$60	
Lashing Straps , to attach sleeping pad, tent, or more to pack	