



# John Bosco Wilderness Camp

## Canoe Outtripping (COTS) Supply List 2026

### EQUIPMENT

#### LABEL EVERYTHING

- Duffle or other bag; for clothes/equipment to be used in main camp. To store clothes and equipment left back at main camp.
- Hiking Backpack for hike - 50 to 60 litre pack. Large enough to hold sleeping bag, extra clothing and a small amount of group food and equipment for 7-day canoe trip. A Canoeing backpack works well.
- Day Pack** - for carrying gear while in main camp
- Sleeping bag** - lightweight compact sleeping bag. Waterproof compression sac.
- Sleeping Pad - To insulate against the cold ground.
- Refillable Water Bottle - 2 x 1-litre water bottles (smart water bottles work well)
- Table Utensils - (not breakable) Plate, Bowl, Cup, spoon, fork and knife (Please do not send disposable plates or cutlery)
- 4 to 6 waterproof bags - For water proofing belongings inside the hiking backpack. Garbage bags work well. Compactor bags are lightweight and durable ( can be purchased at the canteen)
- Flashlight/headlamp and Extra batteries
- Straps - used to attach sleeping bag or equipment to the outside of backpack
- Whistle: emergency whistle attached to outtripping backpack (Fox 40)

### PERSONAL ITEMS

- Pillow (or a balled-up sweater, or a pillowcase of clothes).
- 2 towels - one for swimming, one for washing up
- Laundry bag - to keep dirty clothes separate from clean
- Toiletries - sample or travel sizes work well; (soap, toothbrush, toothpaste, shampoo; comb/brush) Pack toiletries and lotions in a zip lock or nylon bag as items will be stored in main camp
- Insect Repellent - deet is the most effective
- Sunscreen - SPF 30 or greater
- Lip Balm
- Band-aids, blister care
- Hair Ties
- Hand Sanitizer - travel size
- Feminine hygiene Products (pads/tampons/cup, midol or other meds) Please bring extra.

### CLOTHING *(Comfortable, not new)*

- 10-day supply of underwear -consider options that will be comfortable while doing strenuous activity
- 7 pairs of socks - both thin and thicker socks; wool or wool blend for hiking
- 2-3 pairs of pants -a warm pair of sweats/fleece pants for at night, quick drying and comfortable materials for the other pairs. Jeans take a long time to dry
- 2-3 shorts
- 4 t-shirts
- 2 long sleeved shirts
- 2 warm sweaters or sweatshirts
- Jacket or heavy sweater
- Toque and mitts - for those cooler evenings
- Long underwear - tops and bottoms
- Waterproof rain gear (jacket and pants) - coated nylon or similar fabrics with sealed seams made of a durable material that does not tear easily. **Waterproof**, not just water resistant.
- 1 pairs of good running shoes/broken in hiking shoes/boots - shoes one size too big are best to prevent toe blisters, shoes with a wide toe box.
- 1 pair of sandals/water shoes/keens - shoes that can get wet, but dry quickly while providing foot protection, (heel loop and toes protection is required). No flip flop, crocs or slides
- Pajamas
- Swimsuit
- Sun hat or ball cap (very important)
- Sunglasses
- Electrolyte tablets (Nuun tablets)
- Protein bars (no nuts/peanuts)
- Clean clothes for dance

### OPTIONAL GEAR

- Camera - disposable cameras are a great idea
- Journal / book / playing cards
- Folding knife
- Fishing tackle

**Please do not pack: electronic devices of any kind**

**Camp is not responsible for the loss or damage of items.**