



John Bosco Wilderness Camp

Adult 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 /Canoeing Backpack for trip - 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.
- 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)
- bowl and spoon for out trip
- 4 to 6 waterproof bags - For water proofing belongings inside the hiking backpack. Garbage bags work well. Compactor bags are lightweight and durable
- 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)
- Compass**- if you want to learn how to navigate on the water

PERSONAL ITEMS

- Pillow (or a balled-up sweater, or a pillowcase of clothes).
- 2 towels - one for swimming, one for washing up
- 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
- Personal Medication
- Hair Ties
- Hand Sanitizer - travel size
- Feminine hygiene Products (pads/tampons/cup, midol or other meds) Please bring extra.

CLOTHING *(Comfortable, not new)*

- 7-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 pair of good running shoes/broken in hiking shoes/boots - to wear while portaging
- 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 best). No flip flops.
- sleep wear (something to change into at Night -this is important to stay warm
- Swimsuit
- Sun hat or ball cap (very important)
- Sunglasses

OPTIONAL GEAR

- Camera - disposable cameras are a great idea
- Journal / book / playing cards
- Folding knife
- Electrolyte tablets (Nuun tablets)
- Protein bars (no nuts/peanuts)
- Fishing tackle
- camping chair

Please waterproof any electronics

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