

**NO IPODS, MP3 PLAYERS, OR BATTERY OPERATED GAMES**

**BRING A JOURNAL**

While it is very pleasant to bring a camera along to take pictures with, another important idea is to bring along a pencil and a notebook (rules or unruled) to use as a journal and for/or a sketch book. Use your sketch book/journal to record important events, nature observations, thoughts, insights, poetry and dare we suggest, to draw in! You may even wish to bring along some pencil crayons. This is a great memory saving device. **We will have our own trip journal that will be distributed on the bus but some may also want their own.**

**SNACKING TREATS**

Students need to provide their own treats. You cannot give your son/daughter enough of this type of food because they are always useful as a QUICK MEAL. This includes raisins, nuts, trail-mix, granola bars, fruit leather, candies, chocolate bars, smarties, beef jerky, pepperoni (well dried).

PLEASE.......................**NO CHIPS OR POP OF ANY TYPE!**

 Keep these snack items double bagged in heavy Ziploc Freezer bags.

## CANOE BANNOCK

## FOR 1 Medium Ziploc Bag

2 cups of flour

3 tsp. Baking powder

2 tsp. Salt

2 tsp. Sugar

add water - (later)

1 Mix dry ingredients (whatever you want) in a medium Ziploc Bag

1. Add water into bag
2. Mix together until it’s the consistency of very thick pancake batter
3. Cut corner off bag and squeeze mixture into a hot(\*\*) greased fry pan
4. Fry on low heat until golden brown

\*\* (Oil) – OED will provide the oil

**CAMPING AND CANOEING EQUIPMENT**

Small duffle or gym bag for snacks

Tent (provided)

Insulate/sleeping pad

Sleeping bag (3 season, **NOT DOWN**) - [can use OED bags if you do not have one of your own]

Flashlight (the smaller the better)

Knife, fork, spoon, mug, bowl (plastic ideal) – **not disposable plastic**!

Plastic juice bottle

Camera (optional)

Water-proof matches in water-proof container

1 bailing bucket per canoe (provided)

Sponge - ideal for mopping out canoe while in transit

Life jacket (provided)

Paddle (provided)

Cord or string for washing line and miscellaneous use

2 Clear plastic bags.

Foam pad for sitting on

Essentials Kit made in class

**Please note:**

**Do not bring any make-up, hair gel, hair spray or other personal grooming items. These may attract unwanted animals into camp**.

Label all your personal belongings

**PERSONAL EQUIPMENT**

### ALL CLOTHES, FOOD, SLEEPING BAG, ETC. MUST BE PACKED IN PLASTIC

 (TENTS AND INSULATES ARE OKAY)

1. Wear sturdy runners/hikers - pack 1 pair old runners, water shoes, sandals
2. Socks - wear 1 pair - pack 2 pairs – synthetic preferred
3. Wear shorts or track pants – no jeans
4. Wear shirt
5. Shorts – pack 2
6. Pants/Shell/Leggings – pack 1
7. T-Shirts – pack 2
8. Jacket or pullover
9. Rain gear (with rain pants)
10. Hat for SUN or RAIN
11. 3 pair of clean underwear
12. Toiletries: toothbrush, toothpaste, biodegradable soap, towel, toilet paper, comb and personal needs.
13. Insect repellent
14. Sun screen (minimum factor 30) and sunglasses
15. Personal medication (aspirins, TYLENOL, nasal spray, contact lens cleaner and antihistamines) - **you** must be prepared for your own minor ailments such as hay fever, allergies, migraines, etc)
16. Camera (optional)
17. Reading material
18. Pen/pencil
19. Towel
20. Camp pillow – optional
21. Foam pad for sitting on - optional
22. Teddy bear and blanky



**IF YOU REQUIRE A PIECE OF EQUIPMENT THAT YOU DO NOT HAVE,** let Mr. Lightle or Mr. Shea know rightaway…