

8-Day Wilderness Canoe Trip Packing Checklist

Muskie Bay Resort – Cedar Tree – Caviar – Isinglass – Cameron – Cedar Tree – Muskie Bay

August 15 – 22nd, 2026

Participant Name: _____

Clothing

- ☐ 2 Quick-dry shorts
- ☐ 2-3 Synthetic or moisture-wicking t-shirts (Quick Dry)
- ☐ 1 Long-sleeve sun shirt
- ☐ Swimsuit (Modest)
- ☐ Sun hat
- ☐ Sunglasses with strap
- ☐ 1 Warm fleece, Hoodie or insulated jacket
- ☐ 1 Pair long pants
- ☐ 1 Long-sleeve shirt
- ☐ Adequate pairs of underwear
- ☐ 3 Pairs wool or synthetic socks
- ☐ Toque/beanie (Optional for cold nights)
- ☐ Waterproof rain jacket
- ☐ Waterproof rain pants
- ☐ Water shoes/Socks (Swimming)
- ☐ Sturdy Shoes that can get Wet (Portages, Water activities)
- ☐ Sturdy Shoes to stay dry (land portages, on island)

Sleeping Gear

- ☐ Sleeping bag (0°C to 5°C)
- ☐ Sleeping pad
- ☐ Small pillow or stuff sack

Personal Equipment

- ☐ Headlamp
- ☐ Extra batteries
- ☐ Water bottle (1-2 litres)
- ☐ Bowl, Plate, mug, and utensils (Bowl & Plate can be the same, but needs to hold Chili/Soup, etc)
- ☐ Quick-dry towel
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Biodegradable soap
- ☐ Lip balm
- ☐ Sunscreen SPF 30+
- ☐ Insect repellent
- ☐ Prescription medications
- ☐ Personal Flotation Device (Life Jacket)
- ☐ Toilet Paper Rolls in a Ziploc bag

Waterproof Storage

- ☐ Large dry bag or waterproof Backpack
- ☐ Spare Garbage Bags for Wet clothing and protecting items in your bag
- ☐ Extra Zip loc bags to store items you don't want to get wet as an extra insurance (keep inside your dry bag)

Camp Life Items

- ☐ Notebook/journal
- ☐ Pen or pencil
- ☐ Bible
- ☐ Snacks
- ☐ Fishing gear (Optional)
- ☐ Camp chair or sit pad

Do NOT Bring

- ☐ Any Controlled Substances or Weapons (Alcohol, Drugs)
- ☐ Anything your camper cannot carry
- ☐ Glass containers (We don't want broken glass on our trip)
- ☐ Canned Drinks (No Pop, Energy Drinks, etc.)
- ☐ Electronics (No audio devices, cellphones, no electronics of any kind)
- ☐ Valuable jewelry or items you don't want getting lost or damaged
- ☐ Large knives, machetes, axes, etc.
- ☐ Immodest clothing (your camper will be asked to cover up)

Final Departure Check

- ☐ All equipment packed in waterproof bags
- ☐ Sleeping gear packed and dry
- ☐ Rain gear accessible
- ☐ Water bottle filled
- ☐ Medications packed
- ☐ Pack weight manageable for portages

Target Personal Gear Weight: 12-15 kg (25-35 lbs)

Your camper should be able to carry everything they bring comfortably in **one** waterproof bag with the exception of the camp collapsible chair and their Personal Flotation Device.

A Good Rule for Participants

If it can't get wet, dirty, broken, dropped, rained on, forgotten on a portage, or packed out, leave it at home.