

Basic Gear

- Canoe with pads & ropes
- Paddles, lifejackets, bail bucket
- Tent with fly
- Sleeping pad or air mattress/pump
- Sleeping bag & pillow
- Park map & compass
- Portable saw and/or hatchet
- First aid kit w/ solar blanket & whistle
- Rope & clothesline
- Rain tarp

Personal Items

- Toothbrush & paste
- Deodourant
- Toilet paper
- Sunscreen
- Prescriptions
- Bug repellent
- Garbage bags
- Cedar dust
- Flashlight & candles
- Lighter / matches
- Cards / chess / Poker chips
- Reading material
- Camera & film/batteries

Clothing

- Standard clothing
- Swimsuit & towel
- Hat & sunglasses
- Rain gear
- Warm sleeping clothes
- Shoes & sandals

Food Gear

- Stove with extra gas
- Water jug & filter / pills
- Cooler
- Fishing rod & bait bucket
- Mess kit:
 - Pots, frying pan, stir-spoon
 - Plates, bowls, cups, cutlery
 - Soap, washcloth, towel
 - Swiss army knife
 - Sharp blade & cutting board

Expenses

- Gas & Groceries
- Canoe rental
- Camping/parking permits
- Photo development
- Restaurant (there & back)

Simple Meal Ideas**Breakfast**

- Oatmeal (& fruit salad)
- Eggs in a bottle (to scramble)
- Cereal & powdered milk

Lunch

- Bagels with PB&J
- Bagels with cheese & tomato

Dinner

- Fresh pasta & frozen sauce
- Head lettuce & dressing
- Soup mix & rice or potatoes
- BBQ meat (1st night only)
- Potatoes in foil

Snacks

- Trail mix / gorp
- Hard-boiled eggs
- Dried fruit / candy
- Powdered or boxed juice
- Frozen bottled water
- Alcohol / coffee / cigars
- Salt & pepper & sauces