




Equipment List

<p>FOR THE TRIP</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 Dry bag OR 1 large backpack or duffle bag (Not suitcases with wheels) <input type="checkbox"/> Plastic garbage bags 110 x 120 cm. extra resistant <input type="checkbox"/> 1 small backpack <input type="checkbox"/> Sneakers <input type="checkbox"/> 1 pair of sweat pants or synthetic pants <input type="checkbox"/> Synthetic short sleeve t-shirt <input type="checkbox"/> A warm fleece or jacket
<p>TOILETRIES</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Towel <input type="checkbox"/> Soap <input type="checkbox"/> Deodorant
<p>CLOTHING</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Underwear for 3 days <input type="checkbox"/> 3 pairs of athletic socks <input type="checkbox"/> 1 short sleeve t-shirt <input type="checkbox"/> 1 long sleeve shirt <input type="checkbox"/> 1 hat or cap for the sun <input type="checkbox"/> 1 wool hat <input type="checkbox"/> 1 bathing suit <input type="checkbox"/> 1 pair of shorts
<p>FOR SLEEPING</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Sleeping bag (-5°C) <input type="checkbox"/> Sleeping mat/pad (Not Inflatable Mattress) <input type="checkbox"/> Pajamas <input type="checkbox"/> Small flashlight
<p>FOR OUR PROTECTION</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Sunblock <input type="checkbox"/> Lip balm <input type="checkbox"/> Insect repellent <input type="checkbox"/> Sunglasses <input type="checkbox"/> Water bottle (1,5 litre minimum) <input type="checkbox"/> Water shoes or a 2nd pair of sneakers for the water (Not flip-flops) <input type="checkbox"/> 1 Windbreaker jacket <input type="checkbox"/> Cycling gloves (for rowing)
<p>CAMP UTENSILS NOT DISPOSABLE</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Plate/bowl (metal or plastic) <input type="checkbox"/> Camping cup (metal or plastic) <input type="checkbox"/> Spoon, fork, knife <input type="checkbox"/> Dish drying towel
<p>OTHER</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Prescription medicine <input type="checkbox"/> Original ID(Carnet or Passport) No photocopies <input type="checkbox"/> Plastic garbage bags (5), 70 x 90 cm. (wet clothes)
<p>OPTIONAL</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Camera <input type="checkbox"/> Binoculars
<p>PROHIBITED</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Unauthorized medication <input type="checkbox"/> Pocket knives