

Cedar & Canvas Adventures

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Personal Gear List for river trips

- ___ 3-season sleeping bag
- ___ good raingear, jacket and pants
- ___ shorts/cut-offs and cotton t-shirts (2)
- ___ wool, polypropylene, thermax or silk undershirt
- ___ longjohns (same materials as undershirt) and wool sox (3 pr)
- ___ toque and cap
- ___ heavy sweater or jacket (wool or synthetics, not cottons)
- ___ boots (preferably waterproof; light hikers or similar)
- ___ running shoes or "surf socks/water walkers"
- ___ 2 pr gloves (1 leather, 1 wool or synthetic)
- ___ sunglasses and sunscreen
- ___ Bugshirt or bug repellent
- ___ binoculars
- ___ toiletries and personal medications
- ___ flashlight (small)
- ___ wooden strike anywhere matches in a waterproof case
- ___ pocket knife
- ___ packsack for personables while travelling or hiking
- ___ pencil and paper (for letters and memoirs!)
- ___ water bottle
- ___ reading material
- ___ camera and lots of film
- ___ fishing rod, reel, spinners and small spoons

REMEMBER: Summer adventures "North of 60" can have big changes in weather conditions. While the 'Land of the Midnight Sun' gives us long days and lots of warm sunshine, inclement conditions can still be present. Pack your cotton t-shirts and shorts for those warm days, but do not forget the heavy wool sweater or synthetic fleece jacket for those cooler moments. Raingear can double for wind breakers. **Keep in mind, a wicking layer, an insulating layer and a weatherproof layer.** NB - use wool/synthetics for wicking and insulating layers.