

50 Miler Canoe Trek Supply List (Long Lake, Raquette River, Upper Saranac Lake) (6-day trip)

- Good clothes for the travel days.
- Shorts or bathing suit and T-shirts (2-3) for daytime wear while canoeing
- Sandals, water shoes or sneakers for canoeing, NO flip-flops.
- 1 pair long pants
- 1 pair of shorts
- Underwear
- Socks
- Airtight Laundry Bag (large bag works well)
- Sleepwear (sweats and t-shirt)
- Hat
- 1 light jacket/windbreaker or Fleece pullover for cool nights
- Poncho or rain jacket
- Flashlight (with extra batteries) (headlamp preferable)
- Water bottle/canteen – at least 2 quarts
- Second pair of shoes/boots for a day-hike
- Personal Gear (toothbrush, comb etc.) All soap/shampoo must be “campers soap” which is biodegradable.
- Lightweight washcloth and camp towel
- All liquids & gels should be packed in a Ziploc and sealed.
- Sunscreen and bug repellent
- Mess Kit- Cup, Silverware, Plate
- Tents - Everyone needs to pair-up! We will bring enough troop tents for the group.
- Sleeping bag (40°)
- Ground Pad
- Sunglasses and sunscreen
- Medicine as required (must be given to an adult)
- Sunglasses and sunscreen
- 2 five-gallon buckets with tight lids to keep the above gear in

Optional

- Camera
- Personal fishing gear (GREAT spots where we're going!)
- Dry bags for gear
- Your own paddle and PFD (if you have it)
- Money for lunch on way home Friday
- Cards/Book
- NO electronic gaming/surfing/etc. on trip