

PERSONAL GEAR LIST—River Training

Canoe River Training Gear

- Knee pads
- PFD's
- 18 feet of rope (painter), bailer, sponge, duct tape
- Strong string (to tie gear to canoe)
- Waterproof container (for lunch, camera, extra dry clothes)
- Pocket knife
- Toilet paper & baggies
- Water

Clothes

- Swim suit
- Shorts
- (1-2) T-shirts
- Long Sleeve—light weight shirt
- TIE SHOES
- Wool socks
- Windbreaker
- Baseball hat or visor (rain or sunshade), hat with brim
- Eyeglasses with tie
- Polypropylene underwear – (it's cooler up north)
- Plastic bags for garbage, litter, wet or dry clothes

First Aid

- Personal meds
- Moleskin or gloves or tape – for palms of hands
- Sunscreen – insect repellent

Food - Lunch, snacks, and **WATER** - (for 2 days) NO GLASS!

Camping Gear

- Sleeping bag, mattress, and pillow (or clothes stuffed in bag), ground cloth
- Toilet articles and two thin towels and washcloths, or handi-wipes
- P.J.'s (polypro)
- Clothes and shoes for camp, warm jacket
- Flashlight
- Cameras and film

Hints - Pack lite and in ONE medium-sized duffle bag or backpack, label everything, buckets with TIGHT LIDS make great waterproof containers or double-bag in STRONG plastic bags and put in a day pack. Have lunch and gear for river packed in container and ready to go.

DRESS ACCORDING TO WEATHER.

Saturday Itinerary-(Drivers and girls be at Sloatsburg Community Field, ready TO LEAVE at 7:30 AM Wear what you are going to paddle in. Drive to Port Jervis, then north on RT. 97 to Narrowsburg, NY- (near Bob Lander's put-in and camp). Paddle to Kittatinny Camp in Barryville.)*Could change

Rockland County Contact –

Kittatinny Campgrounds – Barryville Base – 1-800-FLOATKC