



# Earthways Guide Service

## Guided Canoe Trips & Traditional Skills

360 Swan Lake Ave.

Belfast, ME 04915,

207 504 2606

www.earthwaysguideservice.com

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## Canoe Gear List

Please call us if you are missing any items from the list, there is a good chance we can loan you items.

### Required

- Favorite Tent if you have one, If not we will provide
- Sleeping Bag (rated for 20 degrees or cooler)
- Inflatable pad or foam pad
- Rain gear: pants and jacket (no ponchos) FrogToggs are an economical option
- Hat with brim
- Wool hat for cool mornings
- Gloves (to stop blisters)
- Sunglasses
- Flashlight
- Light wool shirt/jacket or sweater
- Drinking water bottle
- Two complete changes of clothing, including long pants and shirt quick drying fabrics are best
- One set of long underwear (tops/bottoms, **no cotton**)
- Shoes you don't mind getting wet (crocs, water shoes, old sneakers etc..)
- Favorite boots or sneakers for light hiking
- Personal toilet articles (incl. Toilet paper)
- Eyeglasses (bring safety straps)
- Personal medications, as needed for ALL Classes and trips
- Cup with handle (for hot & cold)
- Small backpack or small dry bag (for rain gear/water bottle/anything you want quick access to)

### Suggested

- Wild edibles I.D. book (Newcomb's Wild Flower Guide is great, optional)
- Wash cloth/towel/bathing suit
- Sunscreen lotion (SPF 15)
- Favorite canoe paddle, if preferred
- Favorite Life Jacket, if you do not have one we will provide
- Insect repellent
- Camera and film; spare batteries (optional)
- Fishing gear and license (if you choose)
- Sharp knife with locking blade not more than 4"
- Small note pad & pencil

We will give you a large dry bag when you arrive to pack all of your gear in. If you own one and want to bring it please go ahead.

Note: You must inform the guide of any medical problems before the start of the trip/class.