

# LES VOYAGEURS PACKING LIST

## MANDATORY: BRING THESE ITEMS

### DOCUMENTS/MEDICATIONS

You do not need to bring common, over-the-counter medications. See your health form for a list of medications at your village.

- Daily medication to last the entire stay
- Medication in original containers
  - \*Medication with labels in other languages should be translated to English before arrival
- Stationery, stamps, pen — It is good to keep in touch with family back home and let them know how you are doing. It is also nice if you want to keep a journal.

### OUTDOOR GEAR

- Sleeping bag — A compact wilderness bag is preferable to large, bulky “slumber party” bags.
- Sleeping pad
- Rain coat and pants — When it rains (and it does sometimes for several days in a row), we do not go inside. We canoe, we cook, we LIVE outdoors. When it rains, life continues as usual. Thus both raincoat and pants are needed. Ponchos are not an appropriate alternative. Make sure what you bring is made of waterproof material.
- Backpack — Roughly the size of a school day pack, it is where you keep the things you’ll need throughout the day: sunscreen, rain gear, sunglasses, etc. Waterproof, “dry sack” backpacks are great, as this bag WILL get wet! The best size is probably 20 liters.
- Flashlight with extra batteries — This is an extremely important item.
- Sunglasses with UV protection
- Water bottle

### TOILETRIES

- Sunscreen — SPF 30 or higher
- Insect repellent — Approx. 30% DEET
- Toothbrush with case and toothpaste
- Biodegradable soap and shampoo — We bathe in the lake or take bucket baths, so soap must be biodegradable. Dr. Bonner’s or Camp Suds are good.
- 2 towels — One should be light and dry quickly.
- Contact lenses/glasses — Glasses may be easier. In any case, bring backup.

### CLOTHING

- 1-2 swimsuits
- 10 pairs underwear — Bring one pair for each day.
- 2-6 pairs wool socks
- 2-6 pairs cotton socks
- 2-3 pairs shorts
- 1-2 pairs long pants — Light cotton are better than jeans, which take a long time to dry.
- 6 T-shirts
- 2-3 long sleeve shirts
- 1 wool sweater or polar fleece — Sweatshirts and other cotton clothes take a long time to dry. Wet cotton will not keep you warm but wet wool will. Wool or synthetic is recommended.
- Hat with a brim
- 1 pair of water shoes — They should stay on your feet and not slip off.
- 1 pair of sturdy shoes — While we spend a lot of time canoeing, there are also ample opportunities for exploring on foot. Shoes with good support are a must.
- Hiking boots — Remember we will do some portages, mostly likely on the Odyssey.

Alcohol and illegal substances are forbidden at the villages. Possession and/or use and/or distribution are grounds for dismissal from the program and any associated expense will be the responsibility of parents or guardians.



## OPTIONAL BUT RECOMMENDED

\_\_\_\_\_ Dry sack or other waterproof bag — not required, but a lot of villagers bring one. We have large, communal dry sacks to share, but some participants prefer to have one or two for packing their own stuff separately. We recommend getting a 35 liter bag (or something close to that size).

- \_\_\_\_\_ Bag for dirty clothes
- \_\_\_\_\_ Fanny pack
- \_\_\_\_\_ Warm hat and gloves
- \_\_\_\_\_ Long underwear
- \_\_\_\_\_ Bandana, hair ties
- \_\_\_\_\_ Camp pillow
- \_\_\_\_\_ Hairbrush/comb
- \_\_\_\_\_ Hand lotion
- \_\_\_\_\_ Chapstick/lip balm
- \_\_\_\_\_ Pocket knife
- \_\_\_\_\_ Camera
- \_\_\_\_\_ Spending money

## DO NOT BRING

- Food — it will attract furry woodland creatures.
- Razors for shaving. Infections from cuts are a health hazard.
- Makeup or deodorant or anything beyond basic hygiene products. Mosquitoes love sweet smells and makeup can work as an advertisement for bugs to come and hang out with you. Other products also attract furry woodland creatures.
- Clothing you really care about. It could be damaged.
- Alcohol and illegal substances. Possession and/or use and/or distribution are grounds for dismissal from the program. Any associated expense will be borne by the parents or guardians.

## KEEP IN MIND

- It is best to bag all your gear in a large duffel bag or backpack. Suitcases can be difficult to transport out to the site by canoe and are difficult to store.
- Many items sent by mail to the villages, such as store-bought candies, are contraband.

## HAVE QUESTIONS?

Email [CLV@cord.edu](mailto:CLV@cord.edu)