



# Allegheny River Wilderness Sojourn

## **Packing Checklist**

This list is NOT all-inclusive, but should give you a good start in preparing for the trip. Be sure to bring comfortable clothing that you won't mind getting wet! Below is a list of other items to pack.

**Canoe Gear** – Be prepared to get wet.

- Whistle on lanyard
- Dry bag / Dry Boxes
- Toilet paper
- Paddling clothes with sturdy water shoes (old tie sneakers are good)
- Dry clothes
- Sunglasses/Visor
- Hat(s)
- Rain jacket
- Sweatshirt/jacket
- Sunscreen
- Insect repellent
- Hand Sanitizer
- Paddling gloves/knee pads/seat pads – *optional*
- 50 feet nylon cord – *optional*
- Medical Aids**
- Prescriptions**
- Inhalers**
- Insect sting and bite kits, Epi-Pens, etc.**
- Medic Alert bracelet/ID**
- Poison ivy treatments
- Band-Aids/First Aid Kit
- Antiseptic



**IMPORTANT**

**Other** – *Optional*

- Binoculars
- Field guides
- Camera

Please other side

- ❑ Cell Phone
- ❑ Diet-specific snacks and food

For the 2-Day trip, if you are camping you will also need:

- ❑ Sleeping bag
- ❑ Pillow
- ❑ Additional change of clothes