

Preparation for Northern Tier Canoeing

Training Schedule

Please make arrangements for Saturday breakfast on your own. The remaining meals over the weekend are provided.

Friday	8:00 pm	Gear shake down. Crew/food (Alice) packs will be provided as well as Duluth packs.
Saturday	8:30 am	Break camp and assemble at the pavillion with gear you will carry. We will not camp on the main base for Saturday night. We will cover launches, navigation, map reading, Safety Afloat and portaging.
	12:00 noon	Lunch. After lunch we will paddle and portage.
	~3:30 pm	We will find camp and set up.
	6:00 pm	Dinner. After dinner we will cover camp sanitation and have some time to relax.
	10:00 pm	Lights out.
Sunday	6:30 am	Wake up!
	7:00 am	Breakfast
	8:30 am	Break camp and paddle, paddle, paddle...
	10:00 am	Worship services. Please be prepared.
	12:00 noon	Return to base camp, put away gear and depart for home.

What to Bring

Size is more important than weight: The more compact the better. There is a real possibility that everything will get wet, so pack in Ziploc bags! The items you need to bring are divided into two lists, shown below:

Crew Gear for Allatoona

Weekend:

- Tent (big enough for 3 or 4 people)
- Tarp with lines
- Cook stoves (backpacker type, 2 per crew)
- First aid kit
- Small shovel
- Cook kit (including utensils)

Personal Gear for Canoe Trip:

Kitchen

- Cup, bowl, spoon
- Water bottle

Bed

- Sleeping bag & sleeping pad
- Hammock (optional)

Tools/Miscellaneous

- Flashlight
- Knife
- Pencil & note pad
- Fanny pack
- Sit pad
- Camera & film
- Stuff sacks for personal gear
- Fishing pole (optional)

Clothing

- BDU's (fast drying long pants – NO sweats or jeans)
- Suspenders or belt
- 2 changes of underwear
- 2 crew t-shirts
- 2 pairs of wool socks
- 2 pairs of sock liners
- 1 pair of shorts
- 1 long-sleeved shirt
- Camp shoes
- Jungle boots (you WILL get them wet)
- Rain gear (absolutely NO PONCHOS!)
- Wide brimmed hat
- Bandana
- Sleep shirt/clothing

Bath/Hygiene

- Biodegradable soap (camp suds or similar)
- Toilet paper
- Bug repellent
- Sun screen/sun block
- Toothbrush
- Toothpaste
- Dental floss