

## 2025 ASHUAPMUSHUAN PACKING LIST

CLOTHING AND SHOES		
1	Rain Coat	Waterproof Rain Coat with a hood
1	Rain Pants	Waterproof Rain Pants
1	Pants	Quick dry, summer-weight pants
1	Long Underwear	Mid-weight long underwear top and bottom, wool blends are most comfortable and don't retain body odors
1	Quick dry shirt	Short-sleeve wool or synthetic shirt
1	T-shirt	Cotton t-shirt
1	Bug Shirt	Light-weight, long-sleeve shirt to wear when bugs are out
1	Sweater	Warm and packable
2	Wool socks	Summer weight wool socks
1	Sun Hat	
1	Warm hat	Light-weight warm hat
1	Shorts	Quick dry shorts
1	Bathing suit	
5	Underwear	
1	Hiking shoes	Well-worn in, so you don't get blisters!
1	Sandals	Water sports sandals that are secure on your feet in and out of the water
EQUIPMENT AND SUPPLIES		
1	Water Bottle	Wide-mouth, 32 Oz water bottle with a carabiner, for attaching to the boat
1	Headlamp	If you are buying a new one, consider USB-rechargeable
1	Sleeping bag	Lightweight and compact, rated to 30 or 40 degrees
1	Sleeping Pad	Lightweight and compact, foam or inflatable
	Packable camp chairs	Optional
1	Toothbrush and toothpaste	Biodegradable
1	Hairbrush or comb	Compact
1	Sunblock	Small tube, fragrance-free and biodegradable
1	Mosquito and Black Fly repellent	
1	Bandana	
1	Journal and writing utensils	Optional

Purchasing equipment: consider supporting companies that are B-Corp certified, to support fair labor and environmental practices, such as Patagonia. In addition, please consider used equipment sources, such as Patagonia Worn Wear or Outdoor Gear Exchange in Burlington, VT.

Specialty Gear: We will provide all specialty equipment needed for your program, such as a canoe with paddles and life jackets, a carving knife, dry bags, tents, and cooking, camping, and fishing gear.