

# RIVER ROOTS EQUIPMENT LIST



MHO Adventures provides all group gear including kitchen gear, tarps, canoes, safety equipment, etc. All you need to bring is your personal gear.

Refer to our Equipment List to see personal gear needs.. We are paddling and camping in early spring in Ontario, so the water is cold and the nights are often freezing. We recommend investing in warm gear, specifically a Drysuit.

In addition to the Equipment List (which is specific to being on expeditions) we suggest bringing comfortable clothing and even a full size pillow for our classroom training days and travel days. MHO has one general use computer at the barn, so it is a good idea to bring a laptop or smartphone for personal communications and planning for lessons. This extra gear can be stored at MHO while on trip.

## EQUIPMENT LIST

Below is a list of recommended clothing and gear items that will make your River Roots Program more enjoyable - some are mandatory and some are optional.

<p><b>Personal Items</b>          Sleeping bag - <i>rated to at least -10</i>          Thermarest - <i>can be borrowed from MHO</i>          Toothbrush / Toothpaste          Soap- Biodegradable          SunScreen- SPF 30 or more          Personal Medication          Feminine Hygiene products          Insect Repellent          Headlamp with extra batteries          Water bottle (1 liter) <i>can be purchased from MHO</i>          Thermos          Sunglasses with strap          Journal <i>can be purchased from MHO</i>          Pen / pencil</p>	<p><b>Optional Items:</b>          Tent          Camera (waterproofed or disposable)          Pocket knife / multi tool          Books / Field Guides          Compass          Lip Balm / hand cream          Go Pro          Fishing gear and license          Filet knife          Sleeping Bag Liner and/or Blanket          Full Size Pillow (for base camping) and/or Expedition Pillow          Camp Chair  <u>Pee Rag</u> (bandana works)</p>
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Bug Jacket / headnet Camp Towel (lightweight and quick dry) <b>can be purchased from MHO</b>	
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### **Expedition Clothing**

2 pairs of synthetic pants  
2 full sets of long underwear  
1 Fleece pants (or warmer bottom layer)  
1 pairs of shorts  
2 T-shirts (preferably polyester or wool) **can be purchased from MHO**  
Long sleeved light shirt  
2 Wool or fleece sweaters  
Rain suit (waterproof jacket & pants)  
Bathing Suit  
Underwear / sports bras  
7-10 pairs socks - wool or fleece **can be purchased from MHO (Darn Tough)**  
Sun Hat **can be purchased from MHO**  
2 Toques  
Mitts / Gloves  
Neck Gaiter or Buff  
Close-toed Campsite Shoes (Runners, hiking boots, rubber boots)

### **River gear**

River Shoes - neoprene boots or light runners (for paddling and portaging - NO Croc's)  
Rescue PFD - **can be purchased OR borrowed from MHO**  
Whitewater helmet - **can be purchased OR borrowed from MHO**  
Neoprene socks  
Neoprene mitts or gloves  
Drysuit **or**  
Wetsuit (full body or neoprene top & bottom) with dry top  
Day pack (20-30 L dry bags work well)  
Personal packing system - must be waterproof (barrel - **can be purchased OR borrowed from MHO** or a large dry bag 70-115L)  
Whitewater canoe paddle - **can be borrowed from MHO**  
Flat water canoe paddle (optional)

### **Intown Clothing**

This list above is specific to expeditions. During some of our classroom training days and travel days you are welcomed to wear other clothing. This clothing and extra personal gear can be stored at MHO while on trip.