

Maine Canoe Symposium

C/O Winona Camps, 35 Winona Rd, Bridgton, ME 04009

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<http://www.MaineCanoeSymposium.org>



Necessities:

- Day pack/fanny pack
- Warm Jacket
- Warm layers of clothing
(wool, polar fleece, polypro etc)
- Rain gear
- Lightweight long-sleeved shirt
- Long pants
- T-shirts
- Shorts
- Swimsuit
- Underwear
- Comfortable* hiking boots/sneakers
& good socks - you will do a **LOT**
of walking!
- Water shoes (such as Teva-type
sandals or aqua slippers)
- Light windbreaker
- Hat with brim
- Towel(s)
- Flashlight &/or headlamp
- Spare Batteries
- Sunglasses
- Sunscreen
- Lip balm
- Bug repellent
- Personal water bottle or canteen
- Any medication you need
- Toiletries: Toothbrush, paste, floss,
soap, shampoo, deodorant, etc.

Wall Tent Campers:

- Cots with linens are provided
- Bring own towels
- Bring your own battery powered
light or lantern

Optional Items:

- Canoe
- PFDs
- Paddles
- Pole
- Bicycle (wide tires) **Must Wear
Helmet**
- Camera, film, batteries
- Knee pads (if kneeling bothers you)
- Head net for bugs
- Warm hat
- Paddling gloves
- Camp chair
- Adult beverages
- Reading material
- Notebook & writing tools
- Musical Instrument(s)
- Frisbee, hacky sack, games, cards etc
- Between-meal snacks
- Sanitary supplies
- Contact lens supplies

Own Tent Campers:

- Tent
- Ground sheet
- Sleeping bag
- Camping mattress or foam pad
- Pillow