

## Recommendations for outfitting:

Put car in order before vacation trip. Have sufficient time to test repair.

Take adequate finances

Sufficient time without rushing or meeting time schedules.

Equipment compact and in Duluth packs. Everything on back.

Condition puddles.

Waterproof ~~per~~ individual with heavy weight rain suit with hood.

Water repellent warm jackets (heavy weight)

gloves (cotton).

2 pairs shoes one of which is lightweight for camp.

2 pairs socks (1 pair of which is wool for sleeping)

1 pair of pants (can be dried rapidly)

2 lightweight, long sleeved shirt, washable.

hat. sun glasses

2 pair eye spectacles with holders & protection

2 pair underwear

2 rolls toilet paper

extra cup.

food.

brown sugar

grill.

1 large hot (20 qts) powered milk per week

1 can nestle's chocolate per week

sugar, 1/2 cup per week

1 large box per week.

dry foods.

Standard lunch of bread, butter, peanut butter & jelly.  
salami or canned tuna, sardines spam etc.  
cheese. cookies. chocolate bars.

Standard breakfast. eggs, potatoes, <sup>biscuits</sup> hot drinks (or fish)

" supper biscuits, hot meal (spaghetti, spam, soups) hot drink.

tarps for tent floor, food

sail for canoe.

sponge for canoe

all equipment waterproofed when necessary and secured to canoe  
secure equipment within canoe.

more buoyancy to canoe