

**For Wilderness Trails**, bring what you can. Don't spend a lot of money. Salvation Army type stores have many of these items, if you don't currently have the gear. Denim is poor for canoe trips because it takes so long to dry and is so heavy. **Wool and synthetics** such as nylon and polar fleece are much **better** than cotton because they retain insulation value when wet, and dry much more quickly.



## *Checklists*

For further Wilderness Trails clarification contact:

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*Revised 12/09*



## To Bring:

- PASSPORTS & IDs
- Your own bedding, linens, towels & wash cloths. There are a variety of different sized beds. Come prepared for any circumstance
- There are some larger rooms for families and some families can spread out to two rooms
- Personal hygiene articles and supplies
- Laundry soap & supplies
- Flashlight
- If at all possible, bring a fan
- Equipment for your baby: high chairs, (those that attach to tables work well); bathing items, stroller, portable potty if you wish
- Computer, laptop would be best
- Iron for clothes
- Extension cord(s)
- Runners (tennis shoes, sneakers); the kind that won't mark the gym floor
- Slippers to wear inside living quarters (In Canada the custom is not to wear outside shoes, inside)
- Toys, recreational equipment (bikes), games, books & things for your children to do. Minahik Wasau Center has roomy playfields, private unpaved roads away from main road, and a gym
- Clothes suitable for Winter, Spring, Summer
- Insect repellent
- Camera
- Guitar or other musical instruments
- Any personal medications

## Please do **NOT** bring:

- PETS**
- FIREARMS or PERSONAL DEFENSE SPRAYS**
- TV, VCR, DVD players**
- Video Gaming Systems**

## To Bring for Wilderness Trails:

- Extra pair of runners (sneakers, tennis shoes, or footwear to hike and get wet)
- Swimsuit
- Clothing that can get wet (synthetics, such as nylon or polar fleece are better than cotton or denim)
- Two pair of gloves, warm & light weight
- Three sets of underwear
- One set of long polypropylene underwear
- Two long sleeved shirts (warm & quick drying)
- Three light short sleeved shirts
- Three pair of loose fitting and quick drying trousers (not jeans)
- One wool or Polar fleece sweater or jacket
- One wool or polar fleece stocking cap and baseball cap with netting (there will some head covers with netting available)
- One light nylon wind breaker jacket
- Four pair of athletic or wool socks
- One towel & face cloth
- Two handkerchiefs and one bandana
- Toothbrush, toothpaste, soap, deodorant, shampoo comb or brush
- Clean wipes
- One small note pad & pen
- One small Bible
- One flashlight with extra batteries and bulb
- One pair of sun glasses
- Sun screen and lip balm
- Fishing gear and SK fishing license for pike & walleye (optional)
- Camera and lots of film (optional)
- Pocket knife and fillet knife (optional)
- Insect repellent, inexpensive netting for camping
- Rain gear (poncho or jacket & pants)
- Brimmed hat for the sun
- Personal medications
- Personal camping or canoeing gear if preferred

(See note on back)

