



What to Pack for Iowa Project AWARE

Items marked with a * are required

Personal Items

- Driver's license identification*
- Health insurance information*
- Cash and credit card
- Cell phone and charger
- Car keys
- Daypack to bring on the canoe*

Paddling Gear

Canoes and paddles are provided, but you may bring your own paddle if you prefer. Please bring:

- Bilge sponge or water gun bailer (to keep excess water out of your canoe)
- Bow line (rope or nylon webbing with carabineer to hook on end of canoe)
- Dry bag(s)
- GPS
- Personal floatation device/life jacket*
- Rope or bungee cords to secure items in your canoe

Camping Gear

Bring camping gear and other related equipment since you'll be sleeping outdoors:

- Air mattress or camping mattress
- Camp chair or butt pad
- Camp pillow
- Flashlight or headlamp, batteries & charger
- Sleeping bag
- Tent, tent stakes, tent poles, rainfly, and ground cloth

Meal Supplies

We'll supply food, but you need to bring dinnerware, such as:

- Reusable dinnerware (silverware, plate/bowl, cup)*
- Personal cooler for lunches and reusable containers to hold lunch items in cooler*
- Water bottles*
- Heavy-duty plastic bag or water bottle for ice storage in cooler

Clothing

Pack clothing in dry bag or zip-top plastic bags to keep it dry. We recommend:

- Bandanas
- Extra set(s) of clothes, including socks and underwear
- Footwear
 - River shoes – old sneakers or boots (sandals are not recommended)
 - Camp shoes – comfy sneakers, clogs, or sandals
 - Shower sandals
- Hat with sun visor
- Pants or shorts, quick-drying
- Rain jacket and rain pants
- Safety strap for glasses
- Shirts, quick-drying
- Sunglasses
- Swimsuit



Personal Items

Stay comfortable by bringing:

- Baby wipes
- Bug repellent, such as Bug Soother®
- Chapstick
- Deodorant
- Ear plugs
- Extra zip-lock plastic bags
- First aid kit and liquid bandage
- Hair brush or comb, pony tail holders
- Hand sanitizer
- Lotion
- Medications, such as personal medications, over-the-counter pain relievers, A&D ointment, and medicated powder
- Soap, shampoo, and conditioner
- Spare eyewear if you wear glasses and/or contact solution and contacts case
- Sunscreen (waterproof)
- Toilet paper
- Toothbrush, toothpaste, and dental floss
- Towel and washcloth

Fun Items

Have fun when you're off the river. Bring items such as:

- Binoculars
- Bird and plant books
- Camera, batteries, spares and/or charger
- Journal, notebook, or sketch pad and pencils/pens
- Travel board games, playing cards, frisbee, hacky sack, etc.

Cleanup Tools

These tools have proven useful on river cleanups but are not required:

- Bolt cutter
- Bow saw and spare blade(s)
- Collapsible/foldable shovel or spade
- Come-along
- Crescent wrench
- Fence pliers
- Garden trowel (for getting mud out of tires)
- Long-handled net or "litter tongs"
- Multi-tool
- Pick axe
- Pocket knife
- Rope, camp straps, bungees, etc.
- Sledge hammer
- Tin snips
- Tow strap with hooks