



# Les Voyageurs, Inc.

P.O. Box 2281  
St. Cloud, MN 56302



## EXPEDITION SUPPLY LIST

### Women's

### CLOTHING

- |   |   |
|---|---|
| _____ 2 Short Pants (Nylon)                                     | _____ 1 Stocking Hat (Light wool or poly) |
| _____ 1 Long Nylon Pants (Strong but light)                     | _____ 1 Hat (sun) **                      |
| _____ 1 Short-Sleeved Shirt (button) (polyester/cotton blend)   | ◆ _____ 1 Base Layer Top                  |
| _____ 1 Long-Sleeved Shirt * (button) (polyester/cotton blend)  | ◆ _____ 1 Base Layer Bottom               |
| _____ 1 Fleece Jacket   | _____ Bandana (1or2) *                    |
| _____ 1 Windbreaker (Nylon - unlined) **                        | _____ 1-2 Swimsuit                        |
| _____ 1 T-Shirt *   | _____ 1-2 Sports Bra                      |
| _____ 1 Camp pants or shorts (fleece works great) *             |   |
| ◆ _____ 1 Rain Jacket   | ■ Will be made by crew                    |
| ◆ _____ 1 Rain Pants  | ◆ Available through LVI                   |
| Ψ _____ 1 Astral Paddling Boots                                 | Ψ Provided by LVI                         |
| ◆ _____ 2 Boot Sock Pairs (lightweight wool blend hiking socks) | * Optional but Recommended                |
| _____ 1 Heavy Wool Socks (used with sandals)                    | ** Optional                               |
| _____ 1 Sandals (Nylon TEVA, Chaco or comparable)               |   |

**NOTE:** Wear a complete set of clean, neat and respectable traveling clothes for the Last Supper. These will be worn until we make our first rest stop. They will remain in the bus at the departure site for use during our return. Bring casual clothes to change into for the remainder of the bus ride. In addition to the above list, each crewperson is to bring the following items for use at the end of the trip:

- |                       |  |
|-----------------------|--|
| _____ Deodorant       | These items will <b>NOT</b> go out on the trail so they are in addition to the above list. All personal items <b>MUST</b> fit into one small duffel bag. |
| _____ Towel           |  |
| _____ Blanket - Small |  |
| _____ Pillow - Small  |  |
| _____ Travel Food     |  |



## EQUIPMENT

- ◆ \_\_\_\_\_ Sleeping Bag (Mummy style)  
(Limited numbers of rentals available)
- ◆ \_\_\_\_\_ Compression Bag
- ◆ \_\_\_\_\_ Pack Towel
- \_\_\_\_\_ Toothbrush
- \_\_\_\_\_ Toothpaste (small tube)
- ◆ \_\_\_\_\_ Camp Soap (4 oz. bottle of CampSuds)
- \_\_\_\_\_ Comb \*\*
- \_\_\_\_\_ Chapstick with Sunblock \*
- \_\_\_\_\_ Sunglasses \*\*
- \_\_\_\_\_ Eyeglasses \*
- \_\_\_\_\_ Eyeglass retaining strap \*
- ◆ \_\_\_\_\_ Mosquito Head Net \*
- ◆ \_\_\_\_\_ Mosquito Repellent \* (2oz. Lotion with secure lid).
- ◆ \_\_\_\_\_ Parachute Cord 25 - 30 ft (3/32" Nylon Cord).
- Ψ \_\_\_\_\_ Plate **(Provided)**
- \_\_\_\_\_ Spoon (NO fork or knife)
- Ψ \_\_\_\_\_ Cup **(Provided)**
- \_\_\_\_\_ Personal Journal (small notebook)
- \_\_\_\_\_ 2 Pens or Mechanical Pencils
- \_\_\_\_\_ Zip-Lock Bags (5-10 Heavy Duty 1 QT & 1 Gal)
- \_\_\_\_\_ Candy \*\* (non-melting)
- \_\_\_\_\_ Medications (consult Mark Halstrom)
- \_\_\_\_\_ Skin Moisturizer (With **Secure** Lid)
- \_\_\_\_\_ Sunscreen Lotion (SPF 30 or higher) (With **Secure** Lid)
- █ \_\_\_\_\_ Nylon Ditty Bags (5-10 of assorted sizes)  
(see enclosed directions.)
- \_\_\_\_\_ Camera (Fresh Batteries) \*
- \_\_\_\_\_ Digital Card
- \_\_\_\_\_ Extra Camera Batteries
- \_\_\_\_\_ Fishing Rod (1 or 2 piece ONLY) \*
- \_\_\_\_\_ Reel (filled with fresh line) \*
- \_\_\_\_\_ Lures (cheap lures & leaders) \*
- Ψ \_\_\_\_\_ Paddle (2 thin coats Wood-coat Brand  
- Polyurethane High Gloss Marine Finish )
- █ \_\_\_\_\_ Paddle Case
- ◆ \_\_\_\_\_ Headlamp
- \_\_\_\_\_ Extra Batteries (1 set- Alkaline)
- \_\_\_\_\_ Travel Money (\$25.00 - \$30.00)  
(1 meal on the road + stops)
- \_\_\_\_\_ Book \*
- \_\_\_\_\_ Dental Floss
- \_\_\_\_\_ Small Games \*\*
- \_\_\_\_\_ Nail Clippers (1 per pack)
- \_\_\_\_\_ Cards \*\*
- \_\_\_\_\_ Recipes \*\*
- \_\_\_\_\_ Harmonica \*\*
- \_\_\_\_\_ Sewing Kit 1/pack with Needles, thread,  
& buttons.
- ◆ \_\_\_\_\_ Hard Eyeglasses Case \*
- \_\_\_\_\_ Contact Lenses \*  
include solutions & case.
- ◆ \_\_\_\_\_ Mirror (for contacts) \*
- \_\_\_\_\_ Feminine Hygiene Products
- \_\_\_\_\_ Hair Ties
- Ψ \_\_\_\_\_ PFD - Life Jacket **(Provided)**
- Ψ \_\_\_\_\_ Fungal Kit

NOTE: If you think that you might want to bring along something that is not on this list, just show or ask your guide. You can always "cut" it, if it is not appropriate or does not fit in your pack.