



Les Voyageurs, Inc.

P.O. Box 2281

St. Cloud, MN 56302



EXPEDITION SUPPLY LIST

Women's

CLOTHING

_____ 2 Short Pants (Nylon - With built-in brief)

_____ 1 Long Nylon Pants (Strong but light with leg zippers)
(pants with zip-off legs work very well)

_____ 1 Short-Sleeved Shirt (button)
(polyester/cotton blend)

_____ 1 Long-Sleeved Shirt (button) * (polyester/cotton blend) .

_____ 1 PolarFleece Jacket

_____ 1 Windbreakers (Nylon - unlined)

_____ 1 T-Shirt **

◇ _____ 1 Rainjacket

◇ _____ 1 Rainpants

Σ _____ 1 High Top Boots 8" (Well mink-oiled - 8 oz tub)
(Boot Shack) - Moccasin Toe preferred - Steel Toe Boots NOT allowed!

Σ _____ 2 Boot Sock Sets (2 Pr. Thin & 2 PairThicker)

_____ 1 Heavy Wool Sox (used with sandals)

_____ 1 Sandals (Nylon TEVA, Chaco or comparable)

◇ _____ 1 Stocking Hat (Light wool or poly)

_____ 1 Hat (sun) **

◇ _____ 1 PolyPro Top

◇ _____ 1 PolyPro Bottom

_____ 1-2 Swimsuit

_____ 1-2 Sports Bra

_____ Bandana (1or2) *

□ Will be made by crew

◇ Available through LVI

Ψ Provided by LVI

Σ Available at the Boot Shack

* Optional but Recommended

** Optional

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 crewman is to bring the following items for use at the end of the trip:

_____ Deodorant

_____ Towel

_____ Blanket - Small

_____ Travel Food

_____ Pillow - Small

These items will **NOT** go out on the trail so they are in addition to the above list.
All personal items MUST fit into one small duffel bag.

2020



EQUIPMENT

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| <p>◇ _____ Sleeping Bag (Mummy style)
(Limited numbers of rentals available)</p> <p>◇ _____ Compression Bag</p> <p>◇ _____ Pack Towel</p> <p>_____ Toothbrush</p> <p>_____ Toothpaste (1 medium tube per pack)</p> <p>◇ _____ Soap (4 oz. bottle of CampSuds)</p> <p>_____ Comb *</p> <p>_____ Chapstick with Sunblock *</p> <p>_____ Sunglasses **</p> <p>_____ Eyeglasses *</p> <p>_____ Eyeglass retaining strap *</p> <p>◇ _____ Mosquito Head Net *</p> <p>◇ _____ Mosquito Repellent (2oz. Lotion with secure lid).</p> <p>◇ _____ Parachute Cord 25 - 30 ft (3/32" Nylon Cord).</p> <p>Ψ _____ Plate (Provided)</p> <p>_____ Spoon (NO fork or knife)</p> <p>Ψ _____ Cup (Provided)</p> <p>_____ Personal Journal (small notebook)</p> <p>_____ 2 Pens or Mechanical Pencils</p> <p>_____ Zip-Lock Bags (5-10 Heavy Duty 1 QT & 1 Gal)</p> <p>_____ Candy (non-melting)</p> <p>_____ Medications (consult Mark Halstrom)</p> <p>_____ Skin Moisturizer (With Secure Lid) *</p> <p>_____ Sunscreen Lotion (SPF 30 or higher)
-(With Secure Lid)</p> <p>□ _____ Nylon Ditty Bags (5-10 of assorted sizes)
(see enclosed directions.)</p> | <p>_____ Camera (Fresh Batteries) *</p> <p>_____ Digital Card</p> <p>_____ Extra Camera Batteries</p> <p>_____ Fishing Rod (1 or 2 piece ONLY) *</p> <p>_____ Reel (filled with fresh line) *</p> <p>_____ Lures (cheap lures & leaders) *</p> <p>_____ Pocket Knife ** (Folding Type Only)</p> <p>Ψ _____ Paddle (2 thin coats Wood-coat Brand
- Polyurethane High Gloss Marine Finish)</p> <p>□ _____ Paddle Case (not for trail use)</p> <p>◇ _____ Headlamp</p> <p>_____ Extra Batteries (1 set- Alkaline)</p> <p>_____ Travel Money (\$ 25.00 - \$30.00)
(2 meals on the road)</p> <p>_____ Book *</p> <p>_____ Dental Floss</p> <p>_____ Small Games **</p> <p>_____ Nail Clippers (1 per pack)</p> <p>_____ Cards **</p> <p>_____ Recipes **</p> <p>◇ _____ Harmonica **</p> <p>_____ Sewing Kit 1/pack (homemade
with Needles, thread, & buttons).</p> <p>◇ _____ Hard Eyeglass Case *</p> <p>_____ Contact Lenses * include solutions & case.</p> <p>◇ _____ Mirror (For Contact Users) * include solutions
& case</p> <p>_____ Feminine Hygiene Products</p> <p>_____ Hair Ties</p> <p>Ψ _____ PFD - Life Jacket - (Provided)</p> <p>Ψ _____ Fungal Kit</p> |
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NOTE: If you think that you might want to bring along something that is not on this list, just show or ask your ask your guide. You can always "cut" it, if it is not appropriate or does not fit in your pack.

