



# CANOEING SHAKEDOWN

Zink High Adventure Base  
Tentative Schedule, Gear List, and Prerequisites

Schedule (Tentative):

Friday

5-6pm	Arrival/Check-in (eat dinner prior to arrival)
6:30-7:00pm	Program Briefing
7pm-9pm	Class Round-Robins: <ul style="list-style-type: none"><li>• Meal Planning (40min)</li><li>• Kitchen Gear/Water Filtration Prep (40 min)</li></ul>
	Gear Shakedown (40min)
9-9:30pm	Cracker Barrel
9:30-10pm	Map Room/Trek Planning
10-10:30pm	Taps
10:30pm	Lights Out

Saturday,

6:00am	Wakeup
7:00am	Breakfast
8:00am	Waterfront Training <ul style="list-style-type: none"><li>• Canoeing</li><li>• Duluth Packs &amp; Gear</li><li>• Portaging</li></ul>
11:00am	Depart ZBase
	Trail Lunch
3:30pm	Arrival in Camp <ul style="list-style-type: none"><li>• Campsite Eval</li><li>• Leave no Trace</li></ul>
	Cooking
7:00pm	Evening Briefing/Q&A-- Northern Tier Considerations
8:00pm	Campfire
11:00pm	Lights Out

Sunday 10/4

6am	Wakeup
8am	Departure: Paddle back to ZBase
12pm	Base Camp Debrief
1pm	Departure

## VENTURE ONWARD





**Gear List:**

**ZBase will provide canoes, stoves, and cooking gear. If you want to use your own tent, stove, or cooking gear, you may bring it.**

**Crew Gear Provided by ZBASE:**

- Duluth packs
- food/equipment packs
- Cook kit (pot and serving spoon)
- Cook stoves (backpacker type, 2 per crew)

**Crew Gear You Need to Bring:**

- First aid kit
- Biodegradable soap (camp suds or similar)
- Toilet paper
- Bug repellent
- Sunscreen/sun block
- Trowel

**Gear that each Crew Member should bring:**

- Dry Bag (recommend 30L)
- Sleeping bag & sleeping pad
- Hammock (optional)
- Tent
- Fast drying long pants – NO sweats or jeans
- Suspenders or belt
- 2 changes of underwear
- 2 crew t-shirts
- 2 pairs of wool socks
- 2 pairs of sock liners
- 1 pair of shorts
- 1 long-sleeved shirt
- Camp shoes (dry shoes for use in camp)
- Jungle boots (you WILL get them wet)
- Rain gear (absolutely NO PONCHOS!)
- Wide brimmed hat
- Bandana
- Sleep shirt/clothing
- Cup, bowl, spoon
- 2-3 Water bottles, 1L each (must have 2 water bottles minimum. Bladder may be the 3<sup>rd</sup>)

**VENTURE ONWARD**



