

Maine Canoe Symposium

C/O Winona Camps, 35 Winona Rd, Bridgton, ME 04009

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<http://www.MaineCanoeSymposium.org>



SUGGESTED GEAR FOR PARTICIPANTS

Necessities:

- Day pack/fanny pack
- Warm Jacket
- Warm layers of clothing
(wool, polar fleece, polypro etc.)
- Rain gear
- Lightweight long-sleeved shirt
- Long pants
- T-shirts
- Shorts
- Swimsuit
- Underwear
- Comfortable* hiking boots/sneakers &
good socks - you will do a **LOT** of
walking!
- Water shoes (such as Teva-type sandals
or aqua slippers)
- Light windbreaker
- Hat with brim
- Towel(s)
- Flashlight &/or headlamp
- Spare Batteries
- Sunglasses
- Sunscreen
- Lip balm
- Bug repellent
- Personal water bottle or canteen
- Any medication you need
- Toiletries: Toothbrush, paste, floss, soap,
shampoo, deodorant, etc.

Wall Tent Campers:

- Cots with linens are provided
- Bring own towels
- Bring your own battery powered light or
lantern

Optional Items:

- Canoe
- PFDs
- Paddles
- Pole
- Bicycle (wide tires) **Must Wear Helmet**
- Camera, film, batteries
- Knee pads (if kneeling bothers you)
- Head net for bugs
- Warm hat
- Paddling gloves
- Camp chair
- Adult beverages
- Reading material
- Notebook & writing tools
- Musical Instrument(s)
- Frisbee, hacky sack, games, cards etc.
- Between-meal snacks
- Sanitary supplies
- Contact lens supplies

Own Tent Campers:

- Tent
- Ground sheet
- Sleeping bag
- Camping mattress or foam pad
- Pillow

MCS Mission Statement

Established in 1986, the Maine Canoe Symposium is a volunteer-run, nonprofit weekend event held annually at Camp Winona on Moose Pond in Bridgton, Maine.

The Symposium encourages participants of all ages to develop an understanding and appreciation of the diversity of North American canoeing heritage and to develop canoeing and related skills through educational workshops, presentations, and hands-on instruction.