



Important Information for Canoeing Program Participants

What should I Wear?

- Comfortable clothing that can get dirty
- Check the weather forecast and dress appropriately
 - Hot/Sunny Day – light colored clothing, hat, and sunscreen
 - Cooler Day – wear layers, hat and gloves, jacket or coat, hand warmers
 - Rainy Day – hat and raincoat
- Sturdy, closed-toe, rubber-soled shoes (no sandals, Crocs, or flip flops; water shoes are ok)
- Do not wear jewelry

Will there be Mosquitos?

- Yes, be sure to wear bug spray, especially May-October
- Wearing long sleeves and long pants can also help

What should I bring?

- Drinking water in a reusable water bottle
- Wet wipes or hand sanitizer for cleanup
- A completed and signed [Canoeing Waiver](#) (available on our website)
- If staying for lunch, pack your lunch in reusable containers, and take home any garbage

Is there anything I should not bring?

- Gum or Candy
- Money or Purses
- Smoking is not allowed on Wheaton Park District property

***Programs are held entirely outdoors.
If you have questions, please do not hesitate to call.***