



## PERSONAL PACKING LIST for Summer Wilderness Canoe Camping

This is a general guide for 4 nights on trail. Adjust accordingly for the length of your trip and time of year. Stay away from cotton if at all possible. When wet, cotton will not keep you warm and is very slow to dry. Wool, Polar fleece, and polypropylene will keep you warm and dry in the wilderness and are lighter weight: think quick-dry when planning for your clothing and follow the 3 W's – wicking, warmth, wind – layering as weather dictates.

**PACK LIGHT! We may carry our load a few times a day over portage trails as we travel.**

### CLOTHING

**QUALITY** rain jacket & pants – light-weight, breathable, stuff-able

**\*\* Please do not underestimate the need for good rain gear\*\***

- **Paddle/Portage WET shoes** – must provide good support & traction in water & over rugged trails. You will swim in these too. Always protect your feet!
- Portage socks – wool or wool blend keep feet warm when wet
- Ball cap, brimmed hat – visors do not protect from sunburn to your scalp
- Warm hat/headband & gloves, preferably wool or polar fleece
- **In-Camp DRY shoes** – good support, comfortable over rocky, rooted latrine trails, in the rain, or morning dew. A slip-on style is nice for ease of in/out of tents. No shoes in your tent.
- 2-3 pair socks (wool or wool blend)
- 1-2 moisture-wicking sports bras
- 2-3 pair underwear
- 1 pair long underwear – bottoms & long-sleeved top
- Swim suit – one that dries quickly is a bonus
- 1-2 cotton bandanas – handy for all sorts of uses on trail
- 1-2 pair long pants OR consider zip-offs providing both shorts & long pants – quick-dry are the only way to go
- 1-2 pair shorts OR (see above)
- 1-2 short sleeve shirts – maybe tank top – all quick-dry is best
- 1 long sleeve shirt – this could be a button down quick-dry style
- 1 cozy, warm sweater – wool or polar fleece, zip up or pull-on style
- Sleepwear – not necessary – underwear works just fine, or t-shirt & long underwear
- Additional light-weight, wind-proof or warm jacket, or an extra sweater if necessary – weather can vary greatly even in the middle of summer so be prepared

### TOILETRIES

**Biodegradable** group camp soap is provided for all washing and shampooing. (see Outfitted Group Gear list for details) No need to pack your own. If you choose to anyway, it must be biodegradable.

**Group First Aid Kit** contains ibuprofen, naproxen, acetaminophen, oral Benadryl, itch stick for bites, antibiotic ointment, bandages & much more

**MINIMIZE minimize!** You'll be amazed by how little you really need on trail.

- Comb or fold-up brush
- Travel size deodorant
- Travel size toothbrush & paste
- 1 light-weight, quick-dry camp towel
- Bug repellent – beware DEET, it damages clothing & gear. We recommend all-natural REPEL lemon-eucalyptus in a pump spray. It's been proven to work as well as DEET. Please consider when purchasing.
- Sunscreen & SPF protective lip balm
- Personal hygiene items – tampons, pads, wipes, etc.
- Personal meds/vitamins

## PERSONAL GEAR

- BRING A COPY of your HEALTH INSURANCE CARD. Give to your guide at O/P meeting.
- **(1) 32 oz. sturdy plastic, wide-mouth water bottle w/ screw on lid is best.** This bottle will be refilled whenever you need, so please bring just (1) 32 oz. bottle as suggested, rather than a couple of smaller bottles. Squirt top, or flip-sip bottles are problematic as they can easily collect dirt & germs where you sip. A screw lid protects the area where you sip. These are helpful tips that protect your health and well-being.
- Hip pack or small day pack to hold water bottle, camera., bug dope, sunscreen – all the things you need quickly in the canoe or on the portage trail while traveling. Secure in Ziplock bags to waterproof!
- Thermal mug – better than an open camp cup for hot beverages. Wide bottom best – stainless or plastic
- Sunglasses – a hard case to protect them, a strap that floats when you wear them
- Head Lamp – hands-free light is the only way to go! Put fresh batteries in it & bring extras.

## OPTIONAL

**\*\*You decide what's necessary & what is not. Simplify and lighten the load where you can.\*\***

- Bug head net and/or bug shirt – depends on when you travel in the summer – ask us if not sure
- Compass if you have a good one of your own – just ask and we can provide one if you'd like
- Camera
- Binoculars – quality mini will do
- Book – (1) paperback should do
- Journal w/ pen or pencil
- Camp chair – collapsible or roll, light-weight in your personal pack. So many brands & styles on the market.
- Hammock – we provided 1 in group gear
- Minnesota Fishing License, rod/reel, minimal tackle if you plan to fish. Please let us know in advance.
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**\*\*What you wear into the wilderness on the first day does not go into your pack to begin the trip. Keep these in an overnight bag if you are staying in our Guesthouse the night before. Leave a set of clean “going home” clothes back at WWD Headquarters if you wish, for your return trip home. WWD will shuttle you to/from the BWCAW entry point. Your vehicle will stay safely parked at our Headquarters in town. We're happy to secure your valuables in our safe before departure– just ask.**

**\*\*Two people share one Portage Pack on trail – think 15”x 15”x 24” as a guide for your own packing space. Your sleeping bag, sleep pad and clothing will go into this space. Stuff clothing into quart and gallon ZipLock Freezer bags. These are the most durable on the market. NO zipper-pull bags; they malfunction almost immediately! If you already own similar sized dry bags, they'll work too. Smaller clothing packages pack more efficiently and help to fill every bit of that portage pack. One or two large packages will not work well at all.**

**\*\*Attempt a goal of no more than 15-18 pounds for your personal gear. You can do this! It will lead to a pack that should weigh no more than 30#-40# for 2 campers. Lighter is always better. Tents and other group gear will go into separate gear and food packs. The entire group shares the portaging of all canoes, packs (personal, gear, & food), and miscellaneous smaller items. You may not always be carrying your own personal pack. 2-3 people will share one tent. Personal packs and shoes get stowed under your vestibule outside the tent. No food of any sort is ever allowed in tents; it attracts animals. Plan to bring into the tent only the smaller bags of clothing items you need overnight.**

**\*\*Glass bottles and cans are not allowed in the Boundary Waters Canoe Area Wilderness. The ONLY metal exceptions are fuel containers, bug repellent, medicines/personal toilet articles, & water bottles. Keep this rule in mind when planning & packing. Adults are welcome to bring wine or spirits, but please transfer to a plastic flask and secure in a ZipLock bag. The inner bladder of box wine is also very durable to bring to the wilderness.**