

WOMEN'S WILDERNESS DISCOVERY Personal Packing AUTUMN SUPPLEMENTAL

We are experiencing the start of cool temperatures in the Boundary Waters with milder days and chillier nights. The up-side is that mosquito season is over! However, the onset of the Fall season can bring a wide range of weather, including the possibility of frost or a bit of snow. This means that water temperatures are rapidly cooling, too.

Please adjust your personal gear accordingly and be prepared for all weather possibilities. Here are additional recommendations we strongly encourage you to consider when planning and packing your personal gear/clothing for autumn travel in canoe country:

- **'WET SHOE' footwear:** You must choose knee-high footwear for portaging & paddling that will keep your feet warm and dry. Though the season is cooling down, we still load/unload canoes in the water, and we will encounter wet spots and mud on some portage trails. It's impossible to keep your feet out of the water in canoe country! The footwear you choose must provide good traction on wet rock, support over rocky, rooted, and sometimes muddy portage trails, and ultimately keep you warm and dry. A boot or water-proof 'sock' that cinches tightly at the knee is highly recommended (i.e. Chota's Caney Fork water-proof knee-high sock, or the NRS Boundary Boot are terrific options. I personally use both.) If you need a more affordable option, at the very least, a good rubber 'barn' boot or a muck boot will do, though these won't cinch tight at your knee. Whatever you decide to use, we urge you to test them out before your trip and make sure they'll do the job.
- **Paddling gloves:** You may want to consider a pair of neoprene paddling gloves if your hands chill easily. Do not plan to use the gloves or mittens you're packing for warmth in camp because they will get wet if you paddle in them.
- **DRY camp shoes:** Autumn is not the time for packing along the summery sandals, etc. Whatever you decide for your dry camp shoes, they should protect your feet and be worn with wool socks for warmth and comfort (i.e. tennis shoe, hiking shoe, etc.)
- **Leave the swimsuit at home:** If you feel like braving the cool waters, there's always 'skinny dipping!' Wet clothing is mighty tough to dry this time of year.
- **GOOD rain gear:** Pants and jacket are a must; please do not underestimate the importance of these items in canoe country!
- **WOOL and FLEECE are wonderful! Leave the cotton at home (except for that bandana)**
- **WARM hat, gloves/mitts, puffy jacket, etc. Err on the side of packing the warm (but light-weight) stuff for your autumn canoe country adventure.**
- **HEAD LAMP:** Be sure you have fresh batteries in your head lamp, and you pack along extra batteries. By the end of September in northern MN, the sun rises shortly after 7a and sets just before 7p. You'll appreciate your head lamp!
- **When in doubt, email or call with questions as you plan and pack.**