

# WHAT TO PACK FOR CAMP

- 1 pair "dry" shoes (tennis shoes or hiking boots) – no open-toe or open-heel shoes allowed
  - 1 pair "wet" shoes (tennis shoes or hiking boots) – no "aqua socks" or open-toe/open-heel shoes allowed;  
\*Note: Keen style shoes are acceptable only if they have a covered heel and not just a strap.
  - 1 set of rain gear, including rain pants and a rain jacket
  - 1 – 2 pair long pants made of nylon, wool or other synthetic fibers. Cotton (including denim) is not recommended
  - Swimsuit & Towel
  - Wide-brimmed hat or other sun protection
  - 2 – 3 shirts for layering – include warm (fleece or wool) top layer, and 1-2 mid and light layers
  - 2 – 4 pair socks, underwear, and other underclothes
  - 1 – 2 pair wool socks (or if you only have cotton socks, bring a few extra pairs)
  - Sleeping bag – the smaller it packs, the better!
  - Sleeping pad – again, the smaller the better!
  - Flashlight or Headlamp
  - Toiletries (avoid scented products and pack only the essentials)
  - Sunscreen (SPF 30+)
  - Water bottle
  - Small bag, dry bag or stuff sack for holding items together in Duluth Packs
  - Clean outfit for the ride home
  - Hand sanitizer for personal use
  - 2-3 reusable face masks
- Optional:**
- bug repellent (no more than 30% deet)
  - sunglasses
  - camera (in plastic bag for water protection)
  - lip balm
  - fishing gear/license
  - carabiner/clasp (to carry water bottle with)
  - travel pillow for while you are out on trail (must be compact)
  - Money for camp store

# TIPS FOR PACKING

### Layering Clothing

Temperatures can vary between 40 degrees and 90 degrees Fahrenheit in the summer and most of your time will be spent outdoors, so it is important to follow the packing list carefully. Layering clothing is important, so consider clothing that is warm but not bulky. If possible, try to bring clothing made of materials such as nylon and wool instead of cotton because if clothing gets wet, these types of materials retain heat and dry more quickly. If a camper only has access to cotton clothing, bringing additional options can be helpful in case cotton clothing gets wet. Please note that these are recommendations, but that we do not expect campers to have to purchase brand new gear in order to be comfortable.

### Transporting Gear

When you arrive at camp, you will carry your luggage to your cabin and then re-pack in Duluth Packs. Try to pack in bags that are easier to carry such as backpacks or duffel bags if possible, since rolling a suitcase is tricky on rocky trails.

### Things to leave at home

Electronic devices including cell phones, clothing/jewelry/watches that you would be sad to damage or lose, sandals, shampoo/soap (biodegradable or otherwise), scented toiletry items, pets, knives, firearms or weapons of any sort, fireworks, alcohol, tobacco or illegal drugs, personal sports equipment, vehicles.

# O4 – Parent and Camper Info

## Wet and Dry Clothes

### Wet clothes

Wet clothes are worn during the day while paddling and portaging. Avoid cotton if possible--instead, pack clothing made of synthetic fibers, such as nylon, fleece, and/or some polyester, or wool. No more than 1-2 sets of wet clothes are needed. A wet set of clothing also includes a pair of wool or synthetic socks, wet shoes (an old pair of sneakers work great!), and rain gear. Rain pants are strongly recommended to keep warm and dry as much as possible.

### Dry clothes

Dry clothes are worn at the campsite. Long sleeves and long pants are recommended for warmth and mosquito protection. 1-2 sets of dry clothes are needed. As with wet clothes, wool and synthetic materials are preferred. The dry set of clothing also includes a pair of dry shoes and socks.

### Layers

Layers of clothing allow your body to remain at a comfortable temperature throughout the day

- Inner layer = pulls moisture away from body
- Middle layer = warmth
- Outer layer = protection from elements (mostly wind and water)

## Wet Foot Policy

For the safety of all campers, Wilderness Canoe Base has adopted the "Wet Foot Policy". No open-toe or open-heel shoes are allowed at any time while at Wilderness or during a trip. Old tennis shoes or hiking boots are recommended. When in the water, all campers will be wearing shoes, so two pairs of shoes are required – one to stay dry, and one to get wet. During a trip, wet shoes will be worn during the day, and dry shoes will be worn at the campsite in the evenings. Extra wet shoes are available in different sizes at Wilderness Canoe Base, and there are plenty to choose from.