

WHAT TO PACK FOR A CANOE TRIP

Packing List:

- 1 pair "dry" shoes (tennis shoes or hiking boots)
- 1 pair "wet" shoes (tennis shoes or hiking boots)
 - no "aqua socks"

All shoes MUST have closed-toe AND closed-heel. Keen style shoes are acceptable only if they have a covered heel and not just a strap.

- 1 – 2 pair wool socks (or if you only have cotton socks, bring a few extra pairs)
- 2 – 4 pair socks, underwear, and other underclothes
- 1 – 2 pair long pants made of nylon, wool or other synthetic fibers. Cotton (including denim) is not recommended
- 1 t-shirt
- 1 light/breathable long-sleeved shirt
- 1 warm (fleece or wool) top layer shirt
- Rain jacket. Rain pants are recommended
- Swimsuit & small or quick dry towel
- Wide-brimmed hat or other sun protection
- Sleeping bag – the **smaller** it packs, the better!
- Flashlight or headlamp
- Toiletries (avoid scented products and pack only the essentials), Lip balm
- Sunscreen (SPF 30+)
- Water bottle
- Clean outfit for the ride home

- Prescription medications in **original packaging**. Bring **only as much as needed** for time at camp

Wilderness Canoe Base is not liable for any lost or stolen items brought to camp.

Optional:

- Small bag, dry bag or stuff sack for holding items together in Duluth Packs
- Bug repellent (no more than 30% DEET)
- Sunglasses
- Camera (in plastic bag for water protection)
- Fishing license and gear
- Carabiner/clasp (to carry water bottle with)
- Compact sleeping pad
- Hammock
- Money for camp store (small bills appreciated)

Things to leave at home

Electronic devices including cell phones, clothing/jewelry/watches that you would be sad to damage or lose, food, 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.

Transporting Gear

When you arrive at camp, you will carry your luggage to your cabin and then re-pack in Duluth Packs to take on trail. Pack in bags that are easy to carry such as a backpack or duffel bag. Rolling suitcases are difficult to maneuver on rocky trails.

TIPS FOR PACKING

Layering Clothing

Temperatures at camp can range from 40°F to 90°F. Follow the packing list and layer clothing for variable weather. Choose warm, non-bulky items, favoring nylon and wool over cotton. These materials retain heat and dry faster if wet. If you only have cotton, bring extra options in case it gets wet. You don't need to buy new gear; these are just recommendations.

Wet and Dry Clothes

Wet clothes

Wet clothes are worn during the day while paddling and portaging. Avoid cotton; pack synthetic fibers like nylon, fleece, polyester, or wool. Bring 1-2 sets of wet clothes, including wool or synthetic socks, wet shoes (old sneakers work great!), and rain gear. Rain pants are strongly recommended for warmth and dryness.

Dry clothes

Dry clothes are worn at the campsite. Long sleeves and long pants are recommended for warmth and mosquito protection. Pack 1-2 sets of dry clothes, favoring wool and synthetic materials. 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 safety, Wilderness Canoe Base has a "Wet Foot Policy". No open-toe or open-heel shoes are allowed at any time while at Wilderness or during a trip.

Recommended footwear includes old tennis shoes or hiking boots. When in the water, all campers must wear 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.