

CANOE TRIPS - WHAT TO BRING?

Two bits of advice - "travel light" and "be prepared." Everything has to be packed into a Duluth pack that the camp will provide. Keep in mind that the weather varies from very hot and sunny to cold, rainy, and windy.

Plan your clothes so they can be worn over each other in layers so that in the coldest weather you are wearing nearly all your clothes! **WOOL IS THE BEST** - wool socks, wool sweaters, wool stocking cap - they all stay warm even when wet. Remember this is camping, and it is important to bring clothing which will keep you warm and dry - not necessarily all color coordinated!

ESSENTIAL ITEMS! You cannot depart on a trip without them!

- ___ **Camp physical** - give to your group leader. It must be:
 - * **signed by parent**
 - * **signed by physician**

- ___ **Medications** you are currently taking and or may need to take
 - * **written instructions** about each item from parent/guardian

- ___ **Sleeping bag**; down bags are okay, but synthetic fill is better and will remain warm when wet. Also try to get a bag that packs fairly small

- ___ **Rain gear**; rain jacket or anorak and pants or poncho. Rain hat or hood (Rain gear is especially important due to the nature of Lake Superior's unpredictable weather.) The camp has some extra raingear you could borrow if for some reason you do not have your own. Call ahead.

OPTIONAL

- ___ Bible (The camp can pack some trail Bibles.)
- ___ Camera
- ___ Your own sleeping pad

Also Pack:

A word on clothing: Try to bring as many wool or synthetic items as possible. These will keep you warm when wet. Cotton will not!

- ___ 2 short sleeved tee shirts
- ___ 2 pair shorts
- ___ 1 long sleeved shirt with a collar that can be worn on a warm day to protect you from the mosquitoes. A work shirt or flannel shirt works great!
- ___ 1 warm shirt - wool is best, but a sweatshirt will do.

- ___ 1 wool sweater
- ___ 1 pair loose pants - wind pants work well or medium weight pants - but no jeans
- ___ 1 pair loose heavy pants - insulated (lined) wind pants, sweat pants, or wool pants
- ___ 1 swimsuit
- ___ Underwear
- ___ 4 or 5 pair of socks (1 or 2 WOOL)
- ___ 2 pair of comfortable Footwear (one for wet – one for dry)
 - 1 pair of shoes will get & stay wet!** You will wear these in the canoe. For Whitewater canoe trips, these must be *closed-toe* shoes. Tennis shoes work great. For all other trips, open-toe shoes may be worn but they must be able to be secured to your foot. NO FLIP FLOPS.
 - 1 pair of comfortable shoes for in camp to stay dry.** For the Voyageur canoe trips there may be some hiking, so your shoes must have good soles and arch supports.
- ___ 1 baseball cap or visor
- ___ 1 wool stocking cap (for cool nights, good to sleep in)
- ___ Toothbrush, toothpaste, and other personal products (use travel size)
(most toiletries will be left at camp for use upon return from trip)
- ___ 1 towel to be left at camp,
- ___ 1 set of clean clothes for the ride back home
- ___ Flashlight
- ___ Insect repellent
- ___ Sunscreen
- ___ Lip Screen
- ___ Sun glasses
- ___ 1 or 2 bandanas

DO NOT BRING THE FOLLOWING ITEMS:

- * Radios, CD Players, Tape players or Walkman
(You may have these for the ride to Amnicon, but they stay in the van upon arrival)
- * You will not need curling irons or hair dryers on the trail.
You may use them at camp where there is electricity if you wish.
- * Disposable cans and bottles are not allowed on the trail.
- * Guns/ weapons or fireworks/ explosives of any kind
- * Pets or Animals
- * Heavy sports equipment

**The use of alcohol or any non-prescription controlled substance is not allowed.
Anyone found to have these items in their possession will be sent home at once.**