

This “what to bring” list covers everything you’ll need for your Widjiwagan canoeing adventure. Keep in mind that you will need to pack for your three days at Widjiwagan as well as for the days on your trip. When you leave camp for your canoeing trip, you’ll store your luggage and “in-camp” clothes in a locker at camp. Widji will provide duluth packs for campers to pack their “trail clothes” in.

Summer weather in northern Minnesota and Canada can quickly change from sunny and warm to cool and wet. By having the right “system” of clothes, you’ll be able to enjoy your experience through a variety of weather conditions. The layering system is the best approach to keeping comfortable in the wilderness.

Layer 1 – A base layer that will wick away perspiration from your body (polypropylene or capilene).

Layer 2 – An insulating layer that will keep your body warm (wool or fleece sweater).

Layer 3 – An outer shell that will repel water.

Please try to avoid bringing cotton clothes “on trail.” Wool, fleece and polypropylene are better fabrics for keeping you warm, dry and comfortable. You will also want to leave your nice clothes at home. Expect that your clothes will be well used and will probably get dirty.

If you have any further questions on what to bring, please call the office at 651-645-6605. We are happy to help in your preparation for camp. You may also consult the Camper Information handbook for a list of outfitters in the Twin Cities area.

Because many campers bring similar items to camp, please make sure that *everything* you bring has your name clearly marked in indelible ink or with a nametag.

Footwear

- 1 pair trail boots – **essential**. You’ll wear your boots all day on your canoe trip for ankle support and protection. When you unload the canoe at a portage, you’ll be wading in the water, so your boots will be wet throughout the trip. Look for a boot with rubber soles and leather or nylon tops high enough to cover the ankle (6-10 inches). If the boots are new, wear them a lot before coming up to camp. We do not recommend an insulated hiking or an expensive backpacking boot as they are not designed for the wetness encountered in our canoe-tripping program.
- 1 pair light-weight athletic shoes for at Widji and in the campsite while on trail. These **MUST** have a closed toe and protect the entire foot. Sandals are **NOT** acceptable. **Crocs are NOT acceptable. Form-fitting shoes such as Vibram Five-Fingers and other “minimalist” shoes are NOT acceptable.**
- 1-2 pair wool socks or heavy polypropylene per week on-trail
- 1-2 pair per week on-trail thin wool socks for in-camp wear.

Bedding

- 1 “3-season” down or synthetic sleeping bag (synthetic is preferable) with a water repellent stuff sack.
- 1 sleeping pad (at least 2/3 body length) or therm-a-rest.
- 1 pillow (optional, for in-camp).
- 1 sleeping bag liner (optional, for trail use)

Headwear

- Sunglasses
- Hat with brim for sun protection (i.e., baseball cap)
- Wool, polypro or fleece hat

Trail Clothes

- 1 pair shorts – light, durable and fast drying
- 1 pair long pants – light, durable and fast drying (Army surplus fatigue pants or polypropylene/cotton blends are good trail pants. No jeans or sweatpants. They dry slowly and are heavy to carry.)
- 2 T-shirts
- Underwear
- **Rain gear – pants and jacket are required.** Please, no ponchos or thin plastic rain gear. They are not suited for wilderness traveling. Because we encounter all types of weather, good quality rain gear is essential for a wilderness trip.
- 1 long underwear shirt (polypropylene, capilene)
- 1 swimsuit
- Optional: 1 “puffy” synthetic or down jacket
- 1 heavy wool or fleece sweater or shirt
- Wool or fleece mittens

In-Camp Clothes

These clothes will not be brought on your trip. You'll leave them at Widji in your counselor's locker.

- 1 pair long pants
- 1-2 pair shorts
- 2 T-shirts
- 2 long sleeve shirts (jerseys, sweatshirts, etc., cotton is okay here)
- 3 pair socks
- 4-5 pair underwear

Hygiene Articles

- Small ditty bag
- Shampoo
- Toothbrush
- Toothpaste – small tube
- Dental floss
- Bar soap & plastic container or liquid bath soap
- Small comb or brush
- Washcloth or PackTowel (can be used on trail)
- 1 towel
- Lotion
- Sunscreen (minimum SPF 15)
- Chapstick with sunscreen
- Bug repellent
- Sunglasses
- 1-2 quart-sized water bottles (Widji Trading Post has Nalgene brand bottles for sale at about \$15 each.)
- Prescription medications in original bottle
- Feminine hygiene products, i.e., Tampons/Kotex

No mirrors unless metal (glass is NOT allowed in the BWCA).

Identification (please read carefully)

- All canoe campers in the following sessions MUST have a valid passport: Quetico, Explorer, Advanced Explorer and Voyageur. In addition to the original (which should be sent up with the child), a copy of the passport must be sent in to the office with the other required paperwork. This will help ensure that all campers have the appropriate documentation. Once at camp, passports will be checked into the office and kept secure until campers go on trail. When on trail, the passports will be kept in our First Aid Kits.

Miscellaneous Items (all are optional, except for headlamp/flashlight)

- Camera (w/waterproof case) or Disposable Camera
- Journal for writing
- Day pack
- Cards, Hacky sack, games
- Compass
- “Crazy Creek” chair
- Fishing rod & gear (bring money for license)
- Flashlight/headlamp & extra batteries (REQUIRED)
- Money – for Widji Trading Post items and lunch stops on bus trip to and from Widji
- Pens/pencils
- Books/field guide
- SealLine Dry bags