Canoeing Clothing and Equipment List

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 as well. Please feel free to bring your normal summer clothes for your time in camp. 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 canoeing 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.

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 a locker with the rest of your groups gear.

- 1 pair long pants
- 1-2 pair shorts
- 2 T-shirts
- Durable sandals *(sandals are okay while at Widji
  before and after your trip)*

**Hygiene Articles**

- Small ditty bag
- Shampoo/Conditioner
- 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 liter sized water bottle (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
- 1-2 Bandanas

**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 –
  Cell phones or e-readers will not serve as a camera
- Journal for writing
- Day pack
- Cards, Hacky sack, games
- Compass
- “Crazy Creek” chair
- Paddle (counselor will determine if it can be used on trail)

- 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

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