

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 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.

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!

Because many campers bring similar items to camp, please make sure that **EVERYTHING** you bring is identifiable or 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.**
- 2 pair wool socks or heavy polypropylene
- 2 pair 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).

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
- 1 pair 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
- 1 heavy wool or fleece sweater or shirt
- Wool or fleece mittens
- Optional: 1 “puffy” synthetic or down jacket

In-Camp Clothes

These clothes will not be brought on your overnight experience. 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 pair underwear

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 quart-sized water bottles (Widji Trading Post has Nalgene brand bottles for sale at \$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).

Miscellaneous Items (all are optional, except for headlamp/flashlight & Money for Bus lunch)

- Camera and Case (Waterproof cases are preferred. Please note there is always the potential for damage to camera on trail or in camp) – cameras and e-readers will not serve as a camera
- Journal for writing
- Cards, Hacky sack, games
- Compass
- “Crazy Creek” chair
- Fishing rod & gear (bring money for license and remove barbs on hooks for safety)
- 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