

# **FALL & SPRING SEASON CLOTHING LIST**

## **YMCA Camp Widjiwagan**

This list is designed to help you understand what clothing is needed to be comfortable in the fall/spring weather of northern Minnesota. While staying at Widji, you'll spend the majority of time outside. We want to keep you comfortable and happy!

When preparing for the outdoors there is no substitute for good clothing. The goal is simple: keep the body at its normal temperature, neither too cool nor too warm. The importance of keeping the body warm is obvious, but the danger of being too warm (and thus perspiring) is a concern often overlooked.

In order to maintain normal body temperature through a wide range of activity levels, there are three key principles:

1. Wear several **LAYERS OF CLOTHING** rather than one thick layer. With layers you can adjust to temperature changes by putting on or taking off one layer at a time.
2. Wear **GOOD RAINGEAR** that will keep your entire body dry (from head to toe) when the weather is damp. Wet clothing makes it more difficult for your body to stay warm.
3. Wear clothing that is **WARM EVEN WHEN ITS WET**. Wool or synthetics are best since they pull the moisture away from the skin. **AVOID** cotton if possible, since it loses its insulating value once it gets wet.

Keep the following ideas in mind as you get organized:

- \* It is not necessary to purchase new clothing or equipment since the north woods are a great place to use older, durable items which can get a bit dirty.
- \* Label all clothing and equipment just in case you misplace anything. If it is labeled, we can track you down and return it!

### **PLEASE NOTE:**

Widjiwagan's trading post has shirts, sweatshirts, hats and water bottles for sale. Prices range from \$6-\$45.

### Head & Hands

**Wool or Fleece Hat** - which covers the ears and forehead

**Brimmed Hat** - to keep the sun and rain off your face

**Mittens** - two pairs since they may get wet

### Upper Body

**Long-underwear top** - wool or synthetic

**Sweater** - two which can be worn together, if possible

**Rain Jacket** - should fit over all layers, rain jackets  
work better than ponchos

**Warm Jacket** - which fits over everything

**T-shirts** - for indoor use

**Sweatshirt** - for indoor use

### Lower Body

**Long-underwear** - wool or synthetic

**Rain pants** - should fit over layers, keeps your  
insulating layers dry

**Swimsuit** - for taking the sauna

**Wool or synthetic pants** - to layer over long-underwear

**Jeans or sweat pants** - for INDOOR use

### Feet

**WOOL Socks** - 4 pairs, at least 50% wool

**Hiking/Rubberized boots** - should be large enough to  
allow two pairs of socks, will get wet when hiking

**Tennis Shoes** - for indoor use

### Sleeping

**Sleeping Bag** - for use in heated cabins

**Pillow** - to keep yourself comfortable

### Personal Items

Water bottle, towel, **SMALL BACKPACK**, notebook or journal, pencil and pen,  
underwear, toothbrush and paste, other toiletries, flashlight.

You may want to bring: books, camera and film.

### **PLEASE LEAVE THE FOLLOWING AT HOME:**

We want you to enjoy the north woods without the distractions of MP3 players, iPods, walkmans, electronic and battery-powered appliances. Please leave them at home! In addition, we'd like to keep north woods critters such a mice and chipmunks out of the cabins so please leave all snack foods and gum at home, too. Thanks!