



Wilderness Wind

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PERSONAL PACK LIST

In collecting the items below there are several concepts to keep in mind.

- 1) You're in the Wilderness. You know your body's response to hot, cold, sun, bugs, and dampness. Pack what your body needs; you can't turn to your closet. What you pack is what you have.
- 2) Be creative to pack small and lightweight; yet do not compromise your need to stay warm and dry.
- 3) In selecting clothing items remember that cotton will not keep you warm if it is wet. Wool or synthetic pants, shirts, socks, and jackets will keep you safer, warmer, drier and more comfortable.
- 4) Remember the importance of low bulk and layering so that you can make adjustments for temperature change and exercise levels. Keep in mind that perspiration can also lead to chills and even hypothermia. Typical summer temperatures in the Boundary Waters Canoe Area are: Day 45- 90- F, Night 35- 60- F.

CLOTHING FOR CANOE TRIP (based on 5 day canoe trip)

- Shoes (one pair of lightweight waterproofed hiking boots with good traction-these are important for ankle support while portaging, and tennis shoes or lightweight shoes for at the campsites)
- 2-3 pairs wool or synthetic socks (*decrease by one for shorter trips*)
- 2 pairs pants (at least one of these should be wool, or quick dry) (*decrease by one for shorter trips*)
- 1 pair shorts (with pockets is preferred, quick drying nylon is best)
- Swimsuit
- 2-3 T-Shirts (*decrease by one for shorter trips*)
- 1 long sleeve wool shirt or sweater (or something like Polartec or polypropylene)
- 1 lightweight wool or synthetic shirt (used to prevent sunburn or mosquito bites and should be light enough to wear while canoeing)
- 3 pair underwear (*decrease by one for shorter trips*)
- Belt (optional)
- Hat with full brim (important for sun and rain protection)
- Rain gear (pants and hooded jacket -ponchos do not work well for canoeing.)
- Winter hat – wool or fleece, this is important for cold nights and mornings
- Many people appreciate having thin gloves for early morning paddles

CAMPING GEAR

- Sleeping bag (**Synthetic and compressible** - 12"x22" when rolled or stuffed)
- Nylon stuff sack and several heavyweight garbage bags to waterproof sleeping bag.
- Small flashlight, pocketknife, waterproof matches or lighter, mosquito repellent
- Zip-lock plastic bags and extra garbage bags to waterproof and organize clothes (Note: WW supplies one dry bag per person. The bag is large enough to pack necessary clothing)

PERSONAL ITEMS

- Biodegradable soap (most camping stores have it in small bottles)
- Small hand towel and washcloth or pack towel (made for camping)
- Toilet paper (for canoeing days only). Can be shared within the group.
- Small Bible, note pad, and pen

- Bandanna, sunglasses, lip balm, sunscreen, toothbrush, toothpaste, and other toiletries--**pack small.**

Please Note: We request that people leave their watches at camp. Time can affect and determine activities and attitudes. While spending time in the wilderness, we encourage campers to listen and respond to their physical and spiritual rhythms and needs.

OPTIONAL: Fishing gear, binoculars, camera and film, reading book

Additional clothing for spring and fall trips: Wool or neoprene gloves, hat, medium weight long underwear, and a warmer jacket or fleece.

(Remember extra clothes and bath towel for at Camp)

WHAT TO EXPECT WHEN WILDERNESS CANOEING

The Boundary Waters and the Quetico Provincial Park make up a wilderness area of relatively rugged terrain. Lakes, rivers, and streams are scattered throughout. Between these bodies of water are rolling hillsides covered with pine, spruce, and deciduous forests. As a designated wilderness area, the woods and waterways are left essentially natural and unaltered. These wilderness areas are the home of numerous types of waterfowl, moose, deer, black bear, wolves, fox, eagle, etc. Our trips travel on a variety of routes throughout this region. All our necessities such as food, shelter, and equipment, are carried with us on our route.

The advantages of traveling and living in a beautiful and natural setting are many. There are also challenges about which you should be informed. Paddling a canoe laden with gear can be leisurely, but it is also work and takes continued effort. On a canoeing day, we typically "break camp" after breakfast, spend about 4-6 hours traveling, and set up camp early to mid-afternoon.

The greatest physical challenge is undoubtedly portaging. Each group must work together at getting packs, paddles, and canoes across all portage trails. Packs will weigh an average of 30-35 lbs. and the canoes weigh from 45 to 70 lbs. The average portage trail length is about 300 yards. Rarely will a portage trail be a mile or more in length. Each canoe is fitted with a center yoke so that one person can carry it, though we sometimes suggest that two people carry the canoe together. When possible, we encourage groups to work toward carrying all gear across the portage in one trip. This saves time and some effort but also means that some will carry their pack while they carry or help carry their canoe. Again, we work hard at tailoring each trip to the participant's interests and needs.

GETTING IN SHAPE

Any wilderness trip is a physical challenge. Your ability to enjoy the trip to the fullest partly depends on your preparation. You do not need to be 20 years old and a star athlete to participate in our trips. A person of almost any age and physical ability can enjoy a wilderness trip. With the understanding of your age and ability, please prepare yourself for a few hours of physical activity each day. The following guidelines are to assist you in your exercise schedule.

1. **HEART AND LUNGS.** Beginning 4-6 weeks before the trip, walk/jog/run at least three times a week with the goal of working up to 3-4 miles 3-4 times a week. Unless you are already in shape, work up to this gradually. See your doctor if you have any doubt about becoming this active.

2. **STRETCHING.** Do not underestimate the importance of being limber. Pay special attention to your arms, legs, back, and stomach. Again, begin a regular routine, 4-6 weeks ahead of your trip, of toe touches, circular bending at the waist, arm and shoulder stretching, and calf and groin stretching.

3. **UPPER BODY.** This is important for both canoeing and portaging. At least 4 weeks before your trip begin a routine of sit-ups, push-ups, and pull-ups. This should be done 3-4 times a week. Some weight training is also very helpful.

4. SWIMMING. Swimming laps regularly can substitute for some of the above especially if you build up gradually to about 1/2 to one mile 3-4 times a week.