



Wilderness Wind
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PERSONAL PACK LIST

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

- Shoes, 2 pairs (1 pair of sturdy, comfortable, yet lightweight shoes with good traction for ankle support while portaging, plus a pair to keep “dry” for at the campsites). *Shoe selection depends on time of year, physical needs, and personal preference. Keens, Chacos, tennis shoes, and hiking boots have all been used successfully. View the video for a discussion on shoe selection.*
- 2-3 pairs of wool or synthetic socks (*decrease by one for shorter trips*)
- 2 pants (at least one of these should be wool or quick dry) (*decrease by one for shorter trips*)
- 1 pair shorts (quick drying nylon is best), optional
- Swimsuit, optional
- 2-3 T-Shirts (*decrease by one for shorter trips*)
- 1 long sleeve fleece, wool shirt or sweater (or something like Polartec or polypropylene)
- 1 long-sleeved lightweight shirt (used to prevent sunburn or mosquito bites and should be light enough to wear while canoeing) *A light, long-sleeved cotton button-up works very well*
- 3 pair underwear (*decrease by one for shorter trips*)
- Belt (optional)
- Hat with full brim (important for sun and rain protection)
- Rain gear: hooded jacket AND pants** (NOTE! ponchos do *not* work well for canoeing!)
- Winter hat – wool or fleece, crucial for cold nights and mornings *even on summer trips!*

Additional clothing for spring and fall trips:

- Wool or neoprene gloves
- Extra hat
- Medium-weight long underwear
- Warm jacket or fleece.

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/washcloth *or* camping-specific pack towel
- Toilet paper (for canoeing days only). Can be shared within the group.
- Small Bible, note pad, and pen are helpful though not required
- Bandana, sunglasses, lip balm, sunscreen, toothbrush, toothpaste, etc. -- **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.

Personal Pack List continued...

OPTIONAL GEAR

- Fishing gear, binoculars, camera, reading book, thin gloves for early morning paddles.

EXTRAS FOR BASE CAMP

- Extra clothes (street-clothes and cotton are fine)
- Bath towel
- Pillow



For more tips on gear selection, view our YouTube video:

Wilderness Wind Packing Essentials.

TIPS to help you choose your personal gear:

- 1) **Everyone's needs are unique.** Imagine yourself in the Wilderness. You know your body's response to hot, cold, sun, bugs, and dampness. Pack what your body needs.
- 2) **Be creative.** Pack small/lightweight without compromising your need to stay warm/dry.
- 3) **Leave cotton at home.** 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) **Low-bulk tip:** Remember the importance of layering so that you can make adjustments for temperature change and exercise levels. Typical summer temperatures in the Boundary Waters Canoe Area are: Day 45-90 F, Night 35-60 F.
- 5) **Mosquito/blackfly repellent:** Trip participants have found the best way to be bug-proof is to wear clothing that covers your skin. Even on warm days, it is helpful to have a loose-fitting, light-colored long-sleeve/long-pant layer option to keep the bugs away.

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.

What to expect continued...

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 50-100 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 can assist you in your exercise schedule. Bear in mind that this is a guideline, not a requirement, to help you enjoy your trip most fully.

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.