



PERSONAL CLOTHING & EQUIPMENT LIST

The following list of clothing and equipment is essential for your health and safety. We will be traveling in spectacular and rugged country where our safety will be dependent upon our gear. The weather is unpredictable and each person needs to be prepared for varying conditions.

Follow the clothing and equipment list completely. Make no substitutions! This list is the result of years of experience in the BWCAW. Please call us for further information regarding materials or equipment listed.

Wilderness clothing is expensive so do not feel obligated to buy new items unless you are planning to use them again. Other ways to gather your clothing include:

- 1) Ask family and friends to borrow as many items as possible.
- 2) Buy used gear. Some excellent resources are: Goodwill, Value Village, Savers, Salvation Army and second-hand sporting goods stores. Often times second hand clothing stores will have the polyester and fleece items that are needed. We are not trying to conduct a fashion show on these trips – inexpensive and out of style fabrics can work well too.

REQUIRED GEAR

Footwear

Proper footwear is extremely important. The portage trails we travel on are rugged with sharp rocks and roots, which require proper foot protection. Boots that have good ankle support and a stiff sole with full foot protection are the best.

- (1 pair) **High top hiking Boots** – Leather is better
These are for paddling and portaging while we travel through the BWCAW
They will get wet.
- (1 pair) **Water sandals** - Tevas, Chaco's, or old Tennis shoes
These are for when we are at our campsite. You will need to wear these or your boots when swimming, so sandals that stay on well are the best. You will likely wear these with socks in the evening (for bug protection).



Clothing

Due to the likelihood of rain, please understand and follow our primary rule for packing cloths – **No cotton clothing is allowed on the trail!** Cotton, when wet, does not insulate. It also takes much longer to dry than other options.

Our approach to proper clothing for BWCAW travel is through the use of layering. By making use of this technique, we can stay comfortable, warm, and safe through the changing weather conditions in the wilderness. The basic principle is to wear a number of layers to reach your desired level of insulation instead of one large layer. For our trips, we bring clothing that comprises three different layers:

- ∞ Inner layer = long or short sleeve shirt that pulls moisture away from body.
- ∞ Middle layer = warmth (fleece jacket & pants)
- ∞ Outer layer = protection from elements (rain jacket and pants)

- **Rain Jacket (1)**
No Poncho's – lightweight & breathable material is best.
A coated nylon jacket is also a good option.
- **Rain Pants (1)**
Lightweight & breathable material is best.
Again, pants made with coated nylon are also a good option.
- **Fleece Jacket or Wool Sweater (1)**
Used for warmth, bug protection, and as a pillow.
- **Fleece or wool pants (1)**
Used for bug protection and warmth.
- **Long Sleeve Shirt (1)**
Synthetic, polypropylene, or polyester. Sports type jerseys also work.
- **Short Sleeve shirt (2)**
Synthetic, polypropylene, or polyester. Sports type jerseys also work.
- **Pants (1)**
Synthetic, nylon, or polyester (zip off convertible pants work best)
- **Shorts (1)**
Synthetic, nylon, or sports shorts work well
- **Underwear (2 pr)**
These are the only cotton items that can come on the trail!
- **Wool Socks (2 pr)**
Smart-wool brand or similar is the best.
- **Swimsuit (1)**
- **Bandana (1)**
Used for cleaning, bandaging, and headwear.



Equipment

- **Hat with visor (1)**
Used for sun protection
- **Toilet Items:**
Toothbrush and small toothpaste, female necessities, contact lens supplies, etc. NO MAKEUP, DEODORANT, HAIR SPRAY, ETC.
- **Medications**
If you need to bring any medications, please pack them into two separate containers. Your guide will keep one in case the other one gets lost or damaged.
- **Pencil and Paper**
A small notepad is the best. Pencil is recommended since it works even if it gets wet.
- **Small Bible (1)**
- **Headlamp or Small Flashlight (1)**
Flashlight should be small enough to run on AA or smaller batteries.
- **Sunglasses (1)**
The sun is very bright in the BWCAW since it is reflected by the water we are paddling on. UV protection sunglasses are the best. BWX guides recommended polarized sunglasses.

RECOMMENDED GEAR

- **Spare corrective glasses or contact lenses (1)**
- **Glasses Security Strap (1)**
Highly recommended if you normally wear glasses.
- **Sunscreen (1 small bottle)**
- **Bug Repellent (1 small plastic bottle)**
- **Lib Balm with sun block (1).**
- **Camera (1)**
Waterproof disposable cameras are great. We recommend that you don't bring a digital camera due to the risk of it getting wet.
- **Fishing Pole & Tackle (not tackle boxes, please use snap shut containers)**
These can be purchased at several places in Ely.
- **Crazy Creek® camping chair (1)**
(this doubles as a sleeping pad & is the ONLY sleeping pad allowed on trail). Off brand versions are available
- **Wash Cloth or small hand towel (1)**



BASECAMP GEAR (OPTIONAL)

We will be spending some time at our base camp during the beginning and end of our trip, and you may find it helpful to bring some additional gear for those portions of our trip. This gear will be left at the base camp while we are in the Boundary Waters.

- **Clean set of regular cloths**
A set of everyday cloths that you can change into before you go home after our trip.
- **Towel**
For drying off after getting out of Mine Lake.
- **Trading Post Money**
We will have BWX t-shirts and postcards available at the end of the trip if you would like to buy them. We can only accept check or cash right now.

Please feel free to call the BWX with any questions about clothing or equipment for our time together in the Boundary Waters!

(612) 743-7700