

BWCA Wilderness Canoe Trip

A trip into a wilderness area is a unique and challenging experience! Certain items are necessary to ensure that the trip is safe and enjoyable. Also, because everything we carry into the BWCA must be carried out again it is necessary to pack as light as possible. You will be responsible for carrying all of your personal gear and to help carry food and camping equipment for the group.

The following are the *required** and recommended items to bring. All of your personal gear should fit into a single backpack. If possible, your sleeping bag should be attached to the pack as well. All of the gear and food for the entire group must fit into just four canoes, so everyone should *consolidate and eliminate* as much as possible.

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| <input type="checkbox"/> *Identification and emergency contact information | <input type="checkbox"/> Roll of toilet paper in a water-proof container |
| <input type="checkbox"/> *Water bottle or canteen | <input type="checkbox"/> *Basic personal first aid kit |
| <input type="checkbox"/> *Flashlight w/ extra batteries | <input type="checkbox"/> Water purification tablets (for emergency use) |
| <input type="checkbox"/> *Whistle | <input type="checkbox"/> *Sleeping bag |
| <input type="checkbox"/> Sun glasses | <input type="checkbox"/> Foam sleeping mat |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Pillow (a small one, not full size) |
| <input type="checkbox"/> Signal mirror | <input type="checkbox"/> Wash cloth & towel |
| <input type="checkbox"/> *Water-proof match container w/matches | <input type="checkbox"/> *Rain gear (poncho or rain suit) |
| <input type="checkbox"/> *Pocket knife/multi-tool | <input type="checkbox"/> *Hat or cap |
| <input type="checkbox"/> Small Bible | <input type="checkbox"/> *Sturdy foot wear, such as: |
| <input type="checkbox"/> Note pad | All-terrain sandals (that will stay on well and can get wet) |
| <input type="checkbox"/> Camera & film | Hiking boots or sturdy tennis shoes (for portages) |
| <input type="checkbox"/> Pen/pencil | <input type="checkbox"/> *2-3 pairs of socks, at least one a pair of warm socks (wool is best) |
| <input type="checkbox"/> Small binoculars | <input type="checkbox"/> *Sweatshirt or light jacket |
| <input type="checkbox"/> Dry sack | <input type="checkbox"/> Swimming suit |
| <input type="checkbox"/> *Water-proof sun screen | <input type="checkbox"/> Shorts |
| <input type="checkbox"/> *Water-proof insect repellent (one with 40% DEET is recommended) | <input type="checkbox"/> *Long pants |
| <input type="checkbox"/> *Hand sanitizer | <input type="checkbox"/> 1-2 T-shirts |
| <input type="checkbox"/> Toothbrush & tooth paste, other personal care items | <input type="checkbox"/> Long sleeved shirt |
| <input type="checkbox"/> Biodegradable "camp soap" OR small bar of Ivory soap | <input type="checkbox"/> Changes of underwear |

When in a wilderness area it is best to dress in layers that can be removed when it is warm and added when it is cool, such as at night or when it rains. Rain gear to keep from getting wet in rainy weather is a must; a change of clothing is necessary in case you do get wet. Being cold and wet can lead to hypothermia, so precautions must be taken. Also, being on the water for extended periods means good protection from the sun is important. Long pants and long sleeved shirts help protect against insect bites.

If you plan to bring a camera either choose a waterproof disposable one or have a secure, water-proof container for your camera.

Cell phone reception is not reliable in the BWCA. Any cell phones that are brought will be left in the locked vehicle where we launch the canoes, as will any tape/CD/MP3 players, etc.