

Special Items for the Canoeing Trip

The traditional Packing List still applies to LITs. **Please increase the list to accommodate for two weeks.**

A part of this program includes a weeklong canoeing trip in the BWCA. Your leaders are trained to provide support and guidance through the entire planning and packing process at Camp. All general camping equipment will be provided by us: backpacks, tents, cook gear, water filters, first-aid kits, etc.

You are responsible for providing your own personal gear for the trip. Since you will be canoeing through the wilderness and hiking the rugged terrain of the portages between lakes while carrying up to 50lbs on your back, it is important that you pack a few specific items that may not be found on the general packing list. **Please review this list and contact us if you have any questions or concerns.**

Footwear

- **(1) pair hiking boots or shoes** to be worn all day while canoeing and should provide ankle support and foot protection. They should also be able to get wet. We recommend a sturdy but older pair of sports shoes or hiking boots. **If you purchase new shoes or boots, make sure you break them in before camp to prevent blisters and other foot problems on the trail! Remember it takes 30-50 miles to properly break in a boot.**
- **(1) pair secondary footwear**, such as sandals or slip-ons that can be worn around the campsite. We recommend Chacos, Tevas, or another similar sturdy sandal that can be used during a day without much portaging.
- **(2 or 3) pair wool hiking socks (avoid cotton)**

Clothing

The best way to be prepared for quickly changing weather conditions is to use a layering system:

- **(1) Base layer top** closest to the skin should be of a quick-drying material, such as polypropylene, (again, try to avoid cotton). Your base layer is what you will be wearing most of the day while hiking so it should be quick drying, durable, and something that can get well-used and dirty.
- **(1) Insulation layer top** for warmth such as a fleece or wool jacket/sweater. This layer will mostly be worn during cool mornings or evenings around the campsite.
- **(1) Outer shell layer top** to repel water and block wind. This layer may consist of a rain jacket or water-resistant windbreaker.
- **(1) Base layer bottom** quick-drying/light-weight material (non-cotton), leggings or convertible hiking pants.
- **(1) Hiking shorts** quick drying/non-cotton gym or exercise shorts.
- **(1) Stocking Cap & (1) Sun-hat or Baseball Cap**

Personal Gear

- **Compressible Sleeping Bag & Compression Sack**
- **Rain Suit (pants optional)**
- **Therma-rest or sleeping pad (optional)**
- **Washcloth or Pack-towel**

*When packing clothing for the hiking trip, remember to AVOID cotton clothing for trail use. Cotton does not dry quickly or insulate when it's wet, actually making you colder than if you were wearing nothing at all. Also, keep in mind that clothes being worn during the day will see a lot of wear and tear. Windbreakers, fleeces, and button up trail shirts can be purchased very cheaply at thrift stores or from online discount stores: www.rei.com and www.backcountry.com often have good deals.