



ADVENTUROUS
Christians

Packing List – Canoe Trips

Temperatures can vary between 40°-90° in the summer. Taking note that layering clothing, bringing nylon and wool over cotton, & knowing you get wet, along with this list will be helpful tools while preparing for your trip. When on a canoe trip, you'll need just two different sets of clothing to wear throughout the trip: **WET** clothes and **DRY** clothes.

As you arrive to camp, you will be carrying your luggage to your cabin and then re-packing into our Duluth Packs. You are sharing your personal pack with someone else including your two sleeping bags, so think light. You're remaining items will then go back into your vehicles while you are on the trail.

What to Bring

On Trail:

- 3 pairs of pants
 - 1 light (wet), 1 comfortable (dry), 1 long underwear (warm/sleeping)
 - Nylon, wool or synthetic fibers (cotton & denim not recommended)
- 1 pair of shorts
- 4 shirts to layer
 - Light – 2 short sleeved (one wet, one dry)
 - Mid – 1 long sleeved (ex. polypropylene or “wicking” material)
 - Warm – 1 warm long sleeved (ex. fleece or wool)
- 3-4 underwear & other underclothes
- 3-4 wool socks (keep feet warmer & more comfortable)
- 2 pairs of footwear
 - 1 Wet (Sturdy, closed toed, ex. old tennis shoes). *Not allowed:* Crocs, aqua socks, open toed or heeled.
 - 1 Dry (ex. tennis or sandals)
- Rain Gear Set (jacket & pants, no ponchos)
- Swim Suit (One piece only; tankini two-piece okay if belly is covered)
- 2 Hats (One with visor & winter cap)
- Bandana
- Sleeping Bag (the smaller it packs, the better)
- Water Bottle
- Sun Screen (SPF 30+)
- Small Flashlight or Headlamp
- Toiletries (please no make-up or perfume)
- Bible, notebook/pen (in plastic bag for protection)
- *Recommended Optional Items:*
 - Foam or Therm-a-rest sleeping pad
 - Bug Repellant
 - Camera (in plastic bag for water protection)
 - Compass
 - Small fanny pack
 - Lip Balm
 - Sunglasses
 - Carabiner/clasp (to attach water bottle to PFD)
 - MN Fishing License, pole (2-piece rod works best), and small tackle box (8in x 6in), & fillet knife

On-Site at A.C.:

- Slippers/Inside shoes for the Lodge
- Set of clean clothes for the ride home
- Towel for the sauna

What NOT to Bring

Electronic Devices (drones, tablets, iPads, cell phones (they do not work at camp), computers, iPods/MP3 players, radios, electronic hand games), pets, animals, firearms or weapons, fireworks, alcohol, tobacco or illegal drugs.



Notes on Clothing

When on a canoe trip, you'll need just two different sets of clothing to wear throughout your trip: **WET** clothes and **DRY** clothes.

WET Clothes

Wet clothes are worn during the day while paddling and portaging. Avoid cotton and attempt to pack clothing made of synthetic fibers, such as nylon, fleece, and some polyester. No more than 1-2 sets are needed. A wet set of clothing also includes a pair of wool or synthetic socks, wet shoes (old pairs of tennis shoes work fine), and rain gear. Rain pants are recommended to keep warm and dry as possible.

DRY Clothes

Dry clothes are worn at the campsite. Long sleeved and long pants are recommended for warmth and mosquito protection. Only 1-2 sets are needed. Again, cotton should be kept to a minimum in case of rain. The dry set of clothing also includes a pair of dry shoes and socks.

Clean Clothes

Clean clothes are worn at the end of the week after the sauna. These are everyday clothes that will be left at camp during the week and changed into to go home.

Layers

Layers of clothing allow your body to remain at a comfortable temperature throughout the day.

- Base/Light Layer – pulls moisture away from the body
- Middle Layer – mid insulating + layering warmth
- Outer Layer – protection from elements (mostly wind & water)