



ADVENTUROUS
Christians

Packing List – Canoe Trips

Temperatures can range from 40° to 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. Repacking will be done under the guidance of your trail guide. Due to weather and other factors, guides may recommend you leave some things at camp. Bring options but be ready to trim down in the final pack. You are sharing your personal pack with someone else including your two sleeping bags, so think light.

We are here to help, please let us know if you have questions about packing.

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What to Bring

On Trail:

- Sleeping Bag (the smaller it packs, the better. If rated for no lower than 30 and no higher than 50 then your weight and bulk should be about right.)
- 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 pairs wool socks (1 wet, 1 dry, 1 backup dry. Wool keeps 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 shoes. See Wet Foot Policy.
 - 1 Dry (ex. tennis or sandals)
- Rain Gear Set (jacket & pants, no ponchos, froggtoggs are acceptable but not durable)
- Swim Suit (One piece only; tankini two-piece okay if belly is covered)
- 2 Hats (One for sun protection & one for warmth)
- 32oz Water Bottle (Plastic is preferred. If you have one, Nalgene work great)
- Sun Screen (SPF 30+, travel sized)
- Small Flashlight or Headlamp
- Toiletries (think minimal/small. Travel size options are good. 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 Head Net
 - Camera (in plastic bag for water protection)
 - Compass
 - Small fanny pack
 - Sunglasses
 - Lip Balm
 - Bug Spray
 - Carabiner/clasp (to attach water bottle to PFD)
 - Bandana
 - MN Fishing License, pole (2-piece rod works best), and small tackle box (8in x 6in), & fillet knife



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To Leave On-Site at AC for after the trip:

- Towel for the sauna
- Set of clean clothes (and shoes!) for the ride home

******REMEMBER:** There is no need to spend lots of money to purchase clothing or gear for your canoe trip. Check out thrift stores if you are in need of purchasing clothing for your trip. Also check with family and friends to see if they have something you can borrow.

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 because it absorbs water and stays wet and cold. Attempt to pack clothing made of synthetic fibers, such as nylon, fleece, and polyester OR wool. Synthetics dry fast and wool is good because it retains some amount of heat even when wet. No more than 1-2 sets are needed. Long durable nylon pants are suggested for canoeing (protects legs from sun, and branches, keeps legs warm). A wet set of clothing also includes a pair of wool/synthetic socks, wet shoes (Should cover the whole foot. Old tennis shoes work fine), and rain gear.

- **WET FOOT POLICY:** Here at AC, in order to maintain the equipment, we have a Wet Foot Policy. Canoes never meet the shorelines; therefore, we step out into the water to carry the canoes to the portage. You must have closed toed shoes (i.e. old tennis shoes are best) with suggested wool socks. *Not allowed:* Crocs, aqua socks, open toed, open healed, or shoes with significant open sided spaces. Once at the campsite you can then change into dry socks and your dry shoes/sandals.

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 lightweight dry shoes and socks.

Layers

Layering allows your body to remain at a comfortable temperature throughout the day.

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

Dress Code

We encourage everyone to bring modest clothing. Please choose clothing that covers the torso, covers underwear, and is loose fitting. We will be asking boys to wear shirts except when swimming. Swimsuit guidelines are listed above in the packing list.

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.