

ADVENTURES

in good company

BOUNDARY WATERS CANOE ADVENTURE PACKING LIST

FOOTWEAR

- ❑ 1 pair of closed-toed waterproof **shoes** with durable soles (examples: **Teva** water shoes, **Keens**, or hiking boots that can get wet)
- ❑ 1 pair Crocs, athletic **shoes**, or **sandals** for in camp
- ❑ Neoprene **socks** OR waterproof **socks** (try in water shoes first to make sure they fit)
- ❑ 2-3 pair hiking socks: (wool or synthetic equivalent: **Smartwool**, **Bridgedale**, **Darn Tough**)

EQUIPMENT/ESSENTIALS:

- ❑ **Day pack**- either **dry backpack** or day pack with trash bag liner (15 Liters)
- ❑ **Sunglasses** (100% UV protection) w/**retention strap**
- ❑ Small **headlamp** and batteries
- ❑ **Ear plugs** and **eye mask** (for a good night's sleep!)
- ❑ 1 – 3 **stuff sacks** to stay organized
- ❑ 1-2 **bandanas**
- ❑ Insulated **mug** for hot drinks
- ❑ **Quick drying pack towel (medium size)**
- ❑ One 1-liter water **bottle** for canoe days (see notes)

CLOTHING

- ❑ 2 pairs comfortable, synthetic hiking **pants** (zip offs work well)
- ❑ 1 pair of **fleece**/comfort pants for in camp
- ❑ 2-3 synthetic or lightweight merino wool long sleeve **shirts**
- ❑ 1-2 lightweight, long-sleeved **shirts** for hiking - button up front is the best
- ❑ 1 pair lightweight long underwear **top** and **bottoms**, silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene. NO cotton)
- ❑ 1 medium-weight top layer (fleece or wool **shirt/pullover**.)
- ❑ 1 warm **jacket** (puffy down or synthetic fill is ideal, but thick fleece would work)
- ❑ 1 rain **jacket** or **parka**: coated nylon or a waterproof breathable fabric like Gore-tex & **waterproof pants**
- ❑ **Underwear**/nightwear
- ❑ 1 pair **wool** or **Polartec** gloves
- ❑ 1 warm **wool** or **fleece** hat
- ❑ 1 **wide brimmed** or **baseball style hat** for protection from the sun/rain
- ❑ 1 **swimsuit** or quick-dry **shorts** and a sports **bra/t-shirt**
- ❑ 1-2 changes of comfortable clothes- try **Toad & Co** for sustainable options!

- ❑ Waterproof **case** and/or waterproof pouch with strap around neck for phone if you would like to take pictures while on the water
- ❑ 1-2 garbage bags, or 12-25L **drybag** to keep belongings dry
- ❑ Tupperware sandwich **container** for lunches (your guides will verify if you need this or not during the pre trip call, one week prior to departure)
- ❑ 3-4 ziplocks (for keeping gear waterproof)

TOILETRIES (SMALL EVERYTHING)

- ❑ **Toothbrush, toothpaste, floss**
- ❑ Hand **sanitizer**
- ❑ **Biodegradable soap** for camping and small **shampoo**/conditioner
- ❑ Personal items (contact lens supplies, sanitary items, personal medications.)

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

DAYPACKS: Your daypack should be large enough to hold the following items: 1-2 Liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 10-15 Liters (600 and 920 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home, check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. Your daypack WILL get wet from sitting in the bottom of the boat so make sure that if you use a non-waterproof bag (which is okay), it is lined well.

FOOTWEAR: The right shoes are very important to your safety and enjoyment. You will need to have a closed-toe water shoe that has at least straps or laces around the heel and over the foot, if not a fully enclosed shoe. These shoes should also have a good sole for traction during our portages. Examples: Keens, Teva Water Shoes, Salomon Tech Amphibian, NRS with hard sole.

You will also need a light hiker for the optional hikes as well as a comfortable camp shoe (these might be the same). Crocs work well as camp shoes but do not work well as hiking shoes.

- ❑ **Sunscreen** and **lip protection** - at least SPF 15
- ❑ Personal **first aid/patch kit** - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen. If you are allergic to insect bites you must bring an EpiPen/ Consult your physician.

OPTIONAL

- ❑ Camera and film/memory card (extra batteries)
- ❑ **Wristwatch**/travel alarm clock
- ❑ Compact **binoculars**
- ❑ **Journal and pen**
- ❑ Your favorite snack
- ❑ Backpacking **chair** or tripod **seat**
- ❑ Sleeping bag **liner** +5 degrees or 10
- ❑ **Paddling gloves**
- ❑ **Fanny pack**
- ❑ A fleece, synthetic or wool **vest**
- ❑ **Kula cloth**
- ❑ **PFD** (life jackets are provided)

PERSONAL FIRST AID KIT: We recommend bringing a small first aid kit with the following items: blister and/or foot remedies for blisters, hot spots, etc. (band-aids/compeed/moleskin/personal choice), personal prescription medications, over-the-counter medications for common ailments (respiratory/colds, stomach issues, sore muscles/joints). Your AGC guide will have a first aid kit as well but if you already know what works for you it's best to have that with you rather than experiment on a trip.

Please note: If you have severe reactions to insect bites/stings or other severe allergic reactions and have been advised to carry an Epi-Pen please do not forget to bring that with you and let your guides know.

CLOTHING: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your activewear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

RAIN GEAR: You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots

HYDRATION: It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. For canoeing, the easier method is to use a water bottle that can be positioned for easy access while paddling. Large mouth water bottles are also much easier to refill. Nalgene makes great water bottles for such a trip.

PROVIDED DULUTH PACKS: Duluth packs (https://en.wikipedia.org/wiki/Duluth_pack) will be provided. Each person will need to fit their personal belongings in a Duluth Pack (shared with another participant). Bring thin flexible stuff sacks for your clothing/personal items within the Duluth Pack.

SLEEPING BAG AND SLEEPING PAD: Both sleeping bags and sleeping pads will be provided by our outfitter. Feel free to bring a sleeping bag liner for extra warmth/comfort. If you want to bring your own pad or bag, please let us know.

If you have questions regarding equipment you currently have or equipment you wish to purchase, please contact the office at 1-877-439-4042 or email us at info@goodadventure.com.

Disclaimer: *This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!*