



ADVENTURES
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**Boundary Waters Canoe Adventure
Packing List**

FOOTWEAR

- 1 pair of closed-toed water shoes (examples: Teva water shoes, Keens, or hiking boots that can get wet)
- 1 pair Crocs, athletic shoes or sandals for in camp
- 2-3 pairs hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)
- 1-2 pair of socks to wear with water shoes if needed (wool or synthetic equivalent)

CLOTHING

- 1 pair of comfortable supplex/nylon long pants for hiking/sun/bug protection. Zip-offs work well
- 1-2 pairs of supplex/nylon shorts for canoeing (hiking zip offs can be one of these pairs)
- 2-3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1-2 lightweight, long-sleeved shirts for sun/bug protection. Button up front works well.
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- 1 medium-weight top layer (fleece or wool shirt/pullover.)
- A fleece, synthetic or wool vest
- 1 warm jacket (puffy down or synthetic fill is ideal, but thick fleece would work)
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex. Not a poncho.
- Underwear/nightwear
- 1 pair wool, Capilene, or Polartec gloves
- 1 warm wool or fleece hat
- 1 wide-brimmed hat for protection from the sun
- 1 swimsuit or quick-dry shorts and a sports bra
- Casual clothing for first and last night out for dinners in town (you can leave these outfits in the AGC van while canoeing)

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, biodegradable soap for camping, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/personal 'patch' kit (see notes on packing list for details)

EQUIPMENT/ESSENTIALS

- Sleeping bag rated to 30°F (see notes on packing list)
- Sleeping pad (see notes on packing list)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp, extra batteries
- Ear plugs (for a good night's sleep!)
- Waterproof case and/or waterproof pouch with strap around neck for phone if you would like to take pictures while on the water
- 1 – 3 stuff sacks to stay organized
- 1 – 2 bandanas
- Insulated mug for hot drinks
- small-Medium quick dry camp towel



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- Two 1-liter water bottle for canoe days (see notes)
- 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)
- 1-2 garbage bags (for putting inside your daypack to keep your belongings dry, big enough to hold all of your daypack belongings) OR a drybag that fits the same purpose (12-25 L, helpful if it has backpack straps, in which case you don't need to bring a backpack OR without straps and fits inside of your backpack)
- 3-4 ziplocks (for keeping gear waterproof)

OPTIONAL (personal preference, not required)

- 1 pair of neoprene or synthetic water socks, optional but nice if the water temp is cool.
- Camera (extra batteries) and film/memory card
- Binoculars
- Paddling Gloves
- Your favorite snack
- Book, notebook, journal, pencil/pen
- Wristwatch/travel alarm
- Small camp chair (Ex: crazy creek)

NOTES ON PACKING:

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.

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.



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Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important 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? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful 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: Since this is a camping trip, both a sleeping bag and a sleeping pad are required equipment. If you do not have these items, our outfitter will provide them at no cost to you. If you would like to bring your own, please clear it with the office first to make sure it's appropriate for camping in a humid and unpredictable environment.

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