



Suggested Packing List

Footwear

Proper footwear is extremely important. The portage trails we travel on are rugged with sharp rocks and roots, which require proper foot protection. Boots that have good ankle support and a stiff sole with full foot protection are the best.

_ (1 pair) **Closed-Toed Shoes** – Old tennis shoes are good. Hiking boots with ankle support work best. Closed-toed meaning footwear with your toes being covered....most sandals do not work. These will get wet and be wet for most of the trip.

_ (1 pair) **Sandals or Dry Shoes** - These are for when we are at our campsite. Sandals work great due to how compact they are. You will likely wear these with socks in the evening (for bug protection). You will try to keep these dry so that you can change into them once we arrive at the campsite.

Rock Ridge - 2013

Clothing

Due to the likelihood of rain, please understand and follow our primary rule for packing clothes – cotton clothing is not recommended for wilderness travel. Cotton, when wet, does not insulate. It also takes much longer to dry than other options.

Our approach to proper clothing for BWCAW travel is through the use of layering. By making use of this technique, we can stay comfortable, warm, and safe through the changing weather conditions in the wilderness. The basic principle is to wear a number of layers to reach your desired level of insulation instead of one large layer. For our trips, we bring clothing that comprises three different layers:

Inner layer = long or short sleeve shirt that pulls moisture away from body.

Middle layer = warmth (fleece jacket & pants)

Outer layer = protection from elements (rain jacket and pants)

_ **Rain Jacket** (1)

No Poncho's – lightweight & breathable material is best.

A coated nylon jacket is also a good option.

_ **Rain Pants** (1)

Lightweight & breathable material is best.

Again, pants made with coated nylon are also a good option.

_ **Fleece Jacket or Wool Sweater** (1)

Used for warmth, bug protection, and as a pillow.

_ **Long Underwear Pants** (1)

Can be layered with other pants for warmth and bug protection.

_ **Long Sleeve Shirt** (1)

Synthetic, polypropylene, or polyester. Sports type jerseys also work. Can



also be a long underwear shirt.

— **Short Sleeve shirt (2)**

Synthetic, polypropylene, or polyester. Sports type jerseys also work.

— **Pants (2)**

Synthetic, nylon, or polyester (zip off convertible pants work best)

— **Shorts (1)**

Synthetic, nylon, or sports shorts work well

— **Underwear (2 pr)**

— **Wool Socks (2 pr)**

One pair will get wet, the other will stay dry for around camp

— **Swimsuit (1)**

— **Bandana (1)**

Equipment

— **Hat with visor (1)**

Used for sun protection

— **Toilet Items:**

Toothbrush and small toothpaste, female necessities, contact lens supplies, etc. No makeup, deodorant, hair spray, etc.

— **Medications**

If you need to bring any medications, please pack them into two separate containers. Your guide will keep one in case the other one gets lost or damaged.

— **Pencil and Paper**

A small notepad is the best. Pencil is recommended since it works even if it gets wet.

— **Small Bible (1)**

— **Headlamp or Small Flashlight (1)**

Flashlight should be small enough to run on AA or smaller batteries.

— **Sunglasses (1)**

The sun is very bright in the BWCAW since it is reflected by the water we are paddling on. UV protection sunglasses are the best.

RECOMMENDED GEAR

— **Spare corrective glasses or contact lenses (1)**

— **Glasses Security Strap (1)**

Highly recommended if you normally wear glasses.

— **Sunscreen (1 small bottle)**

— **Bug Repellent (1 small plastic bottle)**

— **Lib Balm with sun block (1).**

— **Camera (1)**

Waterproof disposable cameras are great. We recommend that you don't bring a digital camera due to the risk of it getting wet.



- Fishing Pole & Tackle** (not tackle boxes, please use snap shut containers)
- Wash Cloth or small hand towel** (1)

BASECAMP GEAR (OPTIONAL)

We will be spending some time at our base camp during the beginning and end of our trip, and you may find it helpful to bring some additional gear for those portions of our trip. This gear will be left at the base camp while we are in the Boundary Waters.

Clean set of regular clothes

A set of everyday cloths that you can change into before you go home after our trip.

Soap and Towel

To be left at base camp while on trail with your clean clothes. For cleanup in the sauna at the end of the trip

Trading Post Money

We will have Rock Ridge memorabilia, snacks and maps available at the end of the trip if you would like to buy them. We can only accept check or cash.