

Getting Ready for Wilderness Canoe Base!

Packing List This document is to help everyone prepare appropriately for this adventure. Temperatures can vary between 40 degrees and 90 degrees Fahrenheit in the summer, so it is important that this list be followed carefully. Please keep in mind that most of your time will be spent outdoors. Layering clothing is important, so consider clothing that is warm but not bulky. Specific types of clothing, such as those made out of nylon and wool, are preferred over cotton. If a camper gets wet, these types retain heat better than cotton.

What to Bring Canoe Trips and Work-Service Groups

- 1 pair dry shoes (tennis shoes or hiking boots) no open-toe or open-heel shoes allowed
- 1 pair “wet” shoes (tennis shoes) no “aqua socks” or open-toe/open-heel shoes; good soles and ankle support is recommended *Note: Keen shoes are acceptable **only** if they have a covered heel, not just a strap.
- 1 set of rain gear, including rain pants and a jacket
- 1 – 2 pair long pants made of nylon, wool or other synthetic fibers. Cotton (including denim) is not recommended
- swimsuit and towel
- wide-brimmed hat or other sun protection
- 3 – 4 shirts, including long-sleeved shirts – avoid cotton sweatshirts
- 2 – 4 pair socks, underwear, and other underclothes
- 1 – 2 pair wool socks
- sleeping bag - the smaller it packs, the better!
- flashlight or Headlamp
- toiletries (please no makeup or perfume)
- sunscreen (SPF 30+)
- water bottle (can be purchased at camp store)
- bible, notebook/pen (in plastic bag for water protection)
- small bag or stuff sack for holding items together
- clean outfit for the ride home
- **Optional:** bug repellent (no more than 30% deet), sunglasses, camera (in plastic bag for water protection), lip balm, and fishing gear/license.
- **Additional Notes for Work-Service Groups:** packing for a week of work-service on base is different than a canoe trip. Please look at canoe trip clothing items as you will need all of these, but may want to bring additional shirts, socks, underwear, etc for your days in base.

PLEASE DO NOT BRING: computers, MP3s, video games, cell phones, jewelry, watches, good clothing, aqua socks, sandals, shampoo/soap (biodegradable or otherwise), make-up, perfume, pets, knives, firearms or weapons of any sort, fireworks, alcohol, tobacco or illegal drugs, personal sports equipment, animals, vehicles, or inappropriate clothing.

- **Note:** work gloves and pillows will be provided at camp

NOTES ON WET/DRY CLOTHING When on a canoe trip, you'll need different sets of clothing to wear throughout the day.

- **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. It is important that rain gear consist of a jacket and pants, in order to keep dry and warm as much as possible.
- **Dry clothes** are worn at the campsite. Long sleeves 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** 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 of clothing** allow your body to remain at a comfortable temperature throughout the day.
 - Inner layer = pulls moisture away from body
 - Middle layer = warmth
 - Outer layer = protection from elements (mostly wind and water)

FREQUENTLY ASKED QUESTIONS

Can my child bring xyz shampoo to wash up?

At Wilderness, shampoos and soaps are not recommended. Even biodegradable types need some soil in order to break down, and there is not enough soil on the ground in the BWCA to support this. All campers will clean up in a sauna, which is spending a short length of time in a hot building followed by a dip in the lake. Any camper who is in an emergency situation at camp who needs a shower will be provided with one.

Can my child bring xyz food to camp?

We do not recommend bringing any personal food to Wilderness. We do provide accommodations to all types of food issues if they are brought to our attention prior to the camper's arrival (lactose intolerance, vegetarian, allergies, etc.). Please indicate to your trip advisor any food issues, and place the correct information on the health form. For specific allergies requiring more accommodation, please call the camp as soon as you know you or your child will be attending. As for any other types of food: for those out on a canoe trip, all food is kept together in a food pack and placed in a high place to avoid attracting bears. For campers on-base, any outside food must be placed in the kitchen to avoid attracting mice, squirrels, and other wildlife into your cabin or sleeping bag.

I don't have/can't afford all the gear on the packing list. What can I do?

Depending on the type of gear, it is possible to have Wilderness Canoe Base provide it to the camper while at camp. We have extra wet shoes, sleeping bags, and some rain gear. Certain types of clothing can also be found at discount stores, i.e. nylon windbreaker pants are often available at a local Goodwill store. Please contact the camp if you do not have access to correct gear.

What can my child do to avoid mosquitoes? Is bug repellent okay?

Mosquitoes are a fact of life in northern Minnesota. The best way to repel them is by using long-sleeved shirts/coats and long pants. Bug repellent is flammable and can be harmful to place on certain types of clothing. If your camper does bring bug repellent, please make sure it has no more than 30% deet, as it soaks into skin and is not easily washed off.

What if I can't afford to go to Wilderness?

It is our goal to serve every youth who wishes to attend camp. Camperships are available, for either partial or full payment. If you would like to apply for a campership, please talk with your youth minister/adult advisor.

My child takes medications. What do I need to do with those?

First, please list all medications on the health form provided. Second, all medications are collected by our Director of Health and Safety upon arrival and dispensed by guide/counselors. Please have all medications in their original container. Prescription medications must have doctor's directions clearly labeled. Medications will be returned prior to leaving for home unless otherwise specified. Please contact camp at least 3 days prior to arrival if this is not acceptable.

Directions: Wilderness Canoe Base 12477 Gunflint Trail, Grand Marais MN 55604
218-388-2241

From the Twin Cities:

Follow I-35 north to Duluth.

In Duluth continue north on HWY 61 to Grand Marais.

While there, fill up with gas and give the camp a call so we can be prepared for your arrival about an hour later.

Follow the Gunflint Trail for 55 miles.

Turn left at the WCB sign and follow our gravel road 1/2 mile to our parking lot and welcome area.