



# Getting Ready for WCB



## 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 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. Rain pants are recommended to keep warm and dry as much as possible.

### **Dry clothes**

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**

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**

Layers of clothing allow your body to remain at a comfortable temperature throughout the day.

- o Inner layer = pulls moisture away from body
- o Middle layer = warmth
- o Outer layer = protection from elements (mostly wind and water)

**Wilderness Canoe Base is not liable for any lost or stolen items brought to camp.**