



CLOTHING LIST

The following list of clothing is essential for your health and safety. We will be traveling in spectacular and rugged country where our safety will be dependent upon our gear. The weather is unpredictable and each person needs to be prepared for varying conditions. Due to the likelihood of rain, please understand and follow our primary rule for packing cloths – **No cotton clothing is allowed on the trail!**

Follow the clothing and equipment list completely. Make no substitutions! This list is the result of years of experience in the BWCAW. Please call us for further information regarding materials or equipment listed.

Wilderness clothing is expensive so do not feel obligated to buy new items unless you are planning to use them again. Other ways to gather your clothing include:

- 1) Ask family and friends to borrow as many items as possible.
- 2) Buy used gear. Some excellent resources are: Goodwill, Value Village, Savers, Salvation Army and second-hand sporting goods stores. Often times second hand clothing stores will have the polyester and fleece items that are needed. We are not trying to conduct a fashion show on these trips – inexpensive and out of style fabrics can work well too.

REQUIRED GEAR

- **High top hiking Boots** (1 pair) – Leather is better
 - These will get wet on the trail
- **Water sandals** (1 pair)
 - Texas, Chaco's, or old Tennis shoes
- **Rain Jacket** (1)
 - No Poncho's – lightweight & breathable material is best
- **Rain Pants** (1)
 - Lightweight & breathable material is best
- **Fleece Jacket or Wool Sweater** (1)
 - Used for warmth, bug protection, and as a pillow
- **Long Sleeve Shirt** (1)
 - Synthetic polypropylene, polyester, and sports type jerseys also work
- **Short Sleeve shirt** (2)
 - Synthetic, polypropylene, polyester, and sports type jerseys also work

- **Pants** (1)



- Synthetic, nylon, polyester – (zip off convertible pants work best)
- **Fleece or wool pants** (1)
 - Used primarily for bug protection
- **Shorts** (1)
 - Synthetic, nylon, or sports shorts work well
- **Underwear** (2 pr)
 - These are the only cotton items that can come on the trail!
- **Wool Socks** (2 pr)
 - Wool, Smart-wool[®] brand works the best
- **Swimsuit** (1)
- **Bandana** (1)
 - Used for cleaning, bandaging, and headwear
- **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.
- **One liter water bottle – Nalgene[®] brand is recommended**
- **Pencil and Paper**
- **Small Bible** (1)
- **Headlamp or Flashlight** (1)
- **Sunglasses** (1)
- **Small stuff-sack** (1)
 - A small bag to pack individual clothing

RECOMMENDED GEAR

- Bug Repellent (small plastic bottle)
- Camera
- Fishing Pole & Tackle (not tackle boxes, please use snap shut containers)
- Crazy Creek[®] camping chair (this doubles as a sleeping pad & is the ONLY sleeping pad allowed on trail). Off brand versions are available
- Sunscreen (small bottle)
- Wash Cloth or small hand towel
- Water Proof Compression Sack (Seattle Sports [®])

Please feel free to call the BWX with any questions about clothing for our time together in the Boundary Waters!

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