



Wilderness  
Inquiry



## **Packing List and Trip Information for Montana's Missouri River Canoe – Herzl Camp Teva Trek**

This packing list is meant to help you decide what to bring and how to pack for your trip. You may not use all of the items on this list but you must be prepared for a wide variety of conditions. Please bring all of the items on the list and any other optional clothing and equipment you choose.

You will pack your gear into a small duffel bag or soft-sided suitcase, and then pack into larger packs (with dry liner) provided by WI. Space is limited so pack selectively. Delicate items such as medications or cameras should be packed in waterproof containers or zip lock bags. To keep your gear organized, consider using plastic zip lock bags, stuff sacks or pillowcases. Herzl Camp staff will help you pack and prepare for the Missouri River trip.

### **REQUIRED CLOTHING, OUTERWEAR AND GEAR:**

- Waterproof Jacket & Pants – Must be sturdy to withstand wilderness conditions.
- Pants – 1 pair quick drying nylon or other synthetic is best.
- Insulating Tops – 1 Heavy sweater or fleece jacket, 1 lighter top made of fleece or wool.
- Long Sleeve Shirt – Lightweight shirt for protection from bugs and sun.
- T-shirts – 2- 3 Quick drying synthetics best, cotton OK.
- Long Underwear – 1 Pair of tops and bottoms made of polypropylene or other synthetic. No cotton.
- Shorts – 1-2 pair of shorts. At least one pair should be made of quick drying nylon. Can double as swimsuit.
- Swimsuit
- Underwear – Enough underwear to keep you happy.

Wet-Shoes – One pair of durable, **closed-toed** shoes to be worn while canoeing–  
Keens work well.

Camp Shoes – One pair of shoes to be used when off the water around camp.

Socks – 2-3 Pair of wool or polypropylene are best. Cotton will not keep you warm if wet.

Sun Hat and Warm Hat – One to protect from rain and sun. One warm stocking cap for cool weather.

Sleeping Bag – 3-season synthetic fill sleeping bag with nylon stuff sack. No cotton or flannel bags.

Ground Pad – Ensolite ground pad or Therm-a-Rest inflatable type.

Water Bottle – Plastic or metal water bottle or canteen.

Flashlight or Headlamp – Bring extra batteries. Keep it small and light.

Sunglasses – A sports strap to hold them on is helpful.

Small Day Pack or Dry Bag – A small day pack or dry bag to hold items you'll want during the day.

Toiletries – Toothbrush, toothpaste, soap, etc.

Sunscreen & Lip balm – Make sure it is at least 15 SPF.

Medications – Herzl Camp staff will work with campers to pack and bring medications.

Insect Repellent – Avoid using aerosol cans.

Bandanas – 2-3 Bandanas used for a variety of things including marking your bags, washing up, etc.

### **OPTIONAL CLOTHING AND EQUIPMENT:**

Small Pocket Knife or Leatherman

Gloves – One pair of lightweight wool or synthetic.

Diary/Book

Camera – Store in padded, waterproof/plastic bag or container.

\_\_\_ Several Plastic Bags – They always come in handy, especially to organize your gear.

\_\_\_ Towel – Small and synthetic is best.

\_\_\_ Money – For snacks and souvenirs while on the road.

**TERRAIN/ROUTE CHOICES:** The Missouri River flows carved a canyon through high prairie hills that are covered by short grasses, sagebrush, and cottonwood trees along the riverbank. Generally speaking, the terrain is accessible, with sandy, level campsites and no portages. There are many steep cliffs where the river has cut channels and gullies in the soil and sandstone.

**TYPE OF TRAVEL/DISTANCE:** You will travel in 17-foot canoes, which hold two to three paddlers, plus all necessary gear. This is a great trip for beginners and seasoned paddlers. An average day's travel consists of 2-5 hours of paddling depending on the wind and weather. Travel distances run 10 to 14 miles per day with the exception of scheduled layover days. Hiking options will be available along the river. To protect the environment, WI uses "Leave No Trace" camping techniques.

**WEATHER:** Temperatures in the summer months range from 40 F in the evening to 100 F during the day. Rainfall can vary, and you should expect at least a day or two of rain. Strong head winds can also be a factor on this trip.

**ACCOMMODATIONS:** At night you will sleep in a comfortable Eureka tent—or maybe under the stars like Lewis and Clark did! Typically, there are 3 teens of the same gender per 4-person tent. On the road, you will stay at campgrounds along the way.

**MEALS:** The food we bring is plentiful, nutritious, kosher, and delicious. You can expect meals like burritos, pesto pasta, and vegetable stir-fry for dinner; bagels and sandwiches for lunch; pancakes, french toast, oatmeal, and granola for breakfast. If you have special dietary restrictions or preferences, be sure to list them on your registration.

**EQUIPMENT AND CLOTHING:** Wilderness Inquiry will provide all necessary canoeing and camping equipment. All you need to provide is your personal gear, such as clothing and a sleeping bag, according to the detailed equipment list provided above. Be sure to notify Herzl Camp before camp starts if you need to borrow personal gear, which can usually be arranged.

**GROUP DISCUSSIONS:** To help participants get to know and understand one another better, we will hold several group discussions on your trip. If you have an issue that you would like to bring up at one of these discussions, don't hesitate to discuss it with your trip leader.

**PROGRAM GOALS:** Wilderness Inquiry has a number of program goals that guide and direct our trips. Please review the following list in order to understand your trip more thoroughly.

- **Safety:** We are very safety conscious. We will ask you to observe some safety policies, such as wearing close-toed shoes and your life jacket while on the water. Our staff will discuss this at the beginning of the trip.
- **Recreation and Wilderness Appreciation:** We want you to enjoy yourself on your trip and enhance your appreciation of the outdoors. This trip is for your benefit, but do not look at it as a passive vacation. Your muscles will be sore along the way!
- **Personal Growth and Skill Development:** During each trip, there are numerous opportunities to develop new skills and, possibly, new perspectives on life.

**PROGRAM PHILOSOPHY:** In addition to the goals listed above, you should be aware of a few important philosophical positions that guide our program.

- **Cooperation vs. Competition:** The goal is for all of us to work together towards common goals, utilizing individual strengths and compensating for individual weaknesses.
- **Group Focus:** The emphasis on WI trips is on the group rather than the individual. Individual needs and interests are not neglected, but activities and discussions are oriented toward fostering positive group interaction.
- **Leave No Trace:** We encourage the preservation and conservation of the wilderness environment. In order to protect the areas we visit, we use Leave No Trace camping and traveling techniques on all of our trips.



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## **Planned Itinerary for Montana's Missouri River Canoe – Herzl Camp Teva Trek**

**DAY 1 - Tuesday, July 2:** Your Wilderness Inquiry trip leaders will meet you at camp at 7:00 a.m., where you'll load the WI trailer, and begin your journey westward. Arrive in the early evening at Cross Ranch State Park in Center, North Dakota. Set up camp, make dinner, and enjoy your first evening on the trail.

**DAY 2 - Wednesday, July 3:** Arise early for breakfast and breaking camp, and continue westward to Coal Banks Landing on the Missouri River. Arrive in the early evening, and prepare to launch the canoes in the morning.

**DAY 3 - Thursday, July 4:** After breakfast at Coal Banks, pack up camp, practice canoeing skills, and start down the river. Camp in the rich bottom lands along the river near the Eye of the Needle. Go for a hike at dusk, before dinner.

**DAY 4 - Friday, July 5:** Enjoy the same white cliffs and scenic beauty that Lewis and Clark described as "scenes of visionary enchantment" when they first came through in 1805. Pass Citadel Rock and camp near the Hole in the Wall formation. The Hole in the Wall hike offers spectacular views of the river.

**DAY 5 - Saturday, July 6:** Enjoy Shabbat and a layover day at Hole in the Wall. Explore the geology of the river valley or search for wildlife. Take a dip in the river to cool off in the afternoon.

**DAY 6 - Sunday, July 7:** Spend most of the day paddling along the banks of the river. Camp at Slaughter River, where Lewis and Clark camped in 1805 on their way west and in 1806 on their return trip. Set up camp and read from Lewis and Clark's log.

**DAY 7 - Monday, July 8:** Look for big horn sheep along the bluffs as we paddle downstream toward Judith Landing, a historic area for the Blackfoot tribe, fur traders, and steamboats. Have lunch, pack up the gear, and hit the road to continue the adventure. Arrive around dinner time at Theodore Roosevelt National Park or Sully Creek State Park, in Medora, North Dakota, where the group will camp tonight.

DAY 8 - Tuesday, July 9: Have breakfast and break camp one last time, before hitting the road back to camp. Arrive back at Machaneh around dinner time, and say farewell to your Wilderness Inquiry trip leaders.