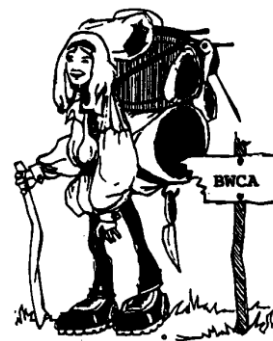


Northern Lakes Canoe Base -Packing List

Bring extra clothes for sight-seeing and the trip home!

Clothing: It is best to bring loose fitting, durable, warm clothes

- Appropriate number of underwear
- Three cotton or "quick dry" T-shirts (no tank tops)
- Two long-sleeved cotton or "quick dry" shirts to protect from sun and bugs
- One warm long-sleeved fleece or wool shirt or sweater
- Two pair long pants (lightweight cotton or quick dry nylon dries faster, no denim, and stretchy yoga pants tend to be wet and heavy)
- One pair shorts
- One set lightweight long underwear or flannel PJs (No gowns)
- One bathing suit (We suggest an older one, it will get a lot of use)
- Small stocking cap (winter type hat)
- Four light-weight pairs of wool or fleece hiking socks (1 pair can be cotton)



Clothing Packing Tips

*Have various sized (2 gal., gallon, quart) Ziploc or other plastic bags to pack all belongings in. Bring a few extra Ziploc's, as we will do some re-packing upon arrival. Large ones are important because your sweater/fleece and dry shoes will need to be put in Ziploc's, too, so they will be dry when you get to camp.

*Layers of clothing are best; the weather is always changing and can be cold.

*Sweatshirts and jeans are not recommended because they are heavy, especially when wet

Foot Gear (2 pair: 1 pair of boots, 1 pair gym shoes)

Sturdy Boots that are broken in...read this carefully!

Feet will be wet 75% of the time. A lightweight hiking or field boot is best. The Merrell "Moab" has been a hit since 2015 but there are similar style boots for cheaper. Check the boy's section at Cabela's, Target, REI, etc. for more variety! If you have an Army Surplus store near you, check on a jungle boot with a leather shoe and a canvas upper. The purpose of the boot is to provide secure footing and ankle support that drain water. Insulated boots, rubber boots, or any boot that holds water will be very uncomfortable! A mountaineering boot is impractical in the canoe country. All Girl Scout participants wear boots when traveling on a wilderness canoe trip – no exceptions!

One Pair Gym Shoes to wear in camp at night (Converse, tennis shoes, etc. NO aqua socks, Teva's, Keens, Crocs)

Rain Gear Two-Piece (Rain Jacket & Rain Pants) - **NO PONCHOS** – The light, see through kind are not tough enough for trail use. With proper equipment any weather can be fun. Don't skimp on your rain suit. It should be roomy -- some participants wear their PFD (Life Jacket) underneath it.

Sleeping Bag Lightweight, in a stuff sack. -- Large flannel, sleeping bags are discouraged because of size, weight, and difficulty in drying. Stuff sack should be lined with a plastic (garbage) bag. Suggested synthetic materials: Qualofill, Holofill II or Litemo. These fills dry quickly and insulate even when wet!

General Gear

- Toilet Articles: toothbrush & paste, shampoo, comb, soap, tampons or pads
- Towel (We suggest a small older one, it will get a lot of use)
- Bandannas to use as washcloths, sweatband, pot holder, etc.
- Hat, with brim, for sunshade, such as a baseball cap
- Sunscreen & Chapstick are a must! High block # is best
- Un-Scented Insect Repellent, stick, cream, or pump spray - NO aerosol spray cans!
- Extra glasses or contacts, as needed
- Flashlight, with spare batteries
- Water bottle: 1 quart or 1 liter. Leak proof and durable. Helpful to have a strap.

Optional

- Pocket knife
- Notebook & Pen
- Watch
- Camera (Pack in a plastic bag; line case with plastic)

Necessary Medication

All medications, prescription and non-prescription, must have note of permission from parent or guardian to take.

Girl Scouts Lakes and Pines provides: The Duluth Packs, PFD's (Lifejackets), Group Gear (tents, tarps, etc...)

You will re-pack your clothes into canvas canoe packs which we provide. You will have a secure storage space available at the canoe base for your extra personal gear.

Girl Scouts, Lakes and Pines Packing List Explanation

The packing list is for your canoe trip only. You will want to pack additional clothing for sightseeing and the trip home. Keep in mind weather in Minnesota can change quickly so be prepared for anything from 50 to 95 degrees.

This page explains “how” you will use the clothes on your canoe trip based on packing list above.

During the trip you will need 4 different outfits:

WET CLOTHES – clothes that you wear while on your canoeing trip—they get wet!!!

- Quick drying pants (nylon wind pants, zip off or light cotton)
- T-Shirt
- Long sleeve nylon, light cotton or fishing shirt to protect from sun and bugs
- Socks: 1 pair wool that will stay wet the whole trip
- Underwear
- Rain jacket and rain pants
- Boots: Sturdy, broken in. These boots will be wet all the time. Please refer to “Details Equipment Information” for further explanation.

DRY CLOTHES - clothes that you change into in the afternoon when you arrive at your campsite. A totally different set of clothes. It is very important that they stay dry!

- Long Pants
- T - Shirt
- Long sleeve shirt to protect from sun and bugs
- Underwear
- Tennis shoes and socks. Again, no sandals or water shoes. Basic tennis shoes are perfect.
- Also bring some shorts for a hot afternoon at camp, or maybe in the tent if it is hot at night.

SLEEPING CLOTHES - These will be the clothes what you sleep in and they should also stay dry!

- PJ pants/long underwear bottoms
- PJ top/long underwear top
- Socks that never get worn out of your tent

COLD WEATHER CLOTHES: The weather is unpredictable, and it is important to always carry extras just in case.

- Wool sweater/fleece
- Lightweight stocking cap

Detailed Equipment Information

Please remember the equipment you send does not need to be new or expensive. You can get good quality items from thrift shops or borrow from family and friends. We do not expect that you purchase new equipment for your trip. Below are some reference sites for equipment and an explanation for some basic equipment.

www.campmor.com

www.rei.com

www.sierratradingpost.com

Sturdy Boots:

First, ankle support is the key. They should be high tops above the knob of the ankle. Second, some sort of good tread and general sturdiness of the boot. Third, try to get something that drains well, avoiding waterproof and Gore-Tex (your feet will be wet in the boots during the whole day).

You don't have to spend a fortune on boots. There are a million kinds of boots, and you can buy a more expensive lightweight/mid-weight hiker, or you can use a cheaper lightweight/mid-weight hiker (like you can find at a discount shoe store). The cheaper ones will probably not last as long but will certainly suit for a trip (or possibly more), as long as the ankle support and tread/sturdiness is good. The Merrell "Moab" Mid hiking boot (no waterproofing) served lots of girls well for years, although many cheaper versions would do well, too. Another option is the jungle, Nam, or combat boot, which has a leather shoe and canvas upper, from your nearby Army Surplus Store.

Do not bring Chaco, Keen or Teva Sandals, Crocs or aqua socks. They are not allowed on base or on trips, as a substitute for either your "wet boots" or your "dry shoes." All shoes must have a closed toe and closed heel.

Sleeping Bag:

Your bag is one of the most important pieces of equipment for the trail. If your sleeping bag gets wet, you will need something that will dry quickly. Any summer or three-season sleeping bag will do, with a rating of, for instance, 30 degrees or even 15 degrees. Mummy shape is the best (most efficient with keeping your heat in), though it's not totally necessary. The less bulky, the better, since we pack the sleeping bags with all of the other personal belongings. Each girl should bring her sleeping bag in a stuff sack, lined with a big plastic trash bag to waterproof it. Weather can vary in Ely's summer from mid-90s down to 50s and even 40s, so it CAN get pretty cold in the summer here, especially for girls from warmer climates.

Rain Gear:

Needs to be a jacket and a pair of pants. No ponchos. Sturdier is better. Again, no need to spend a fortune, but avoid the super cheap \$5ish plastic easily-ripped jacket and pants. Typically, the rubbery inexpensive fisherman type non-breathable rain gear does a great job. Gore-Tex is great because it's breathable, but it's expensive and often bulky. If you have it already, super; if not, you shouldn't buy it for this trip and then never use it again. Something from the Target sporting good department is just fine. It should be roomy – some wear their PFD underneath it. The REI Co-op Essential or Rainier rain jacket and pants are a good pair that will keep you dry for years to come.

Frogg Toggs are inexpensive and fine if you get the heavier ones (not the "lite" ones from Wal-Mart, which tear easily).

**If you do not have something appropriate or the means to get something, we do have some extra gear at the base you may borrow for this trip. Call for details after June 15 – 218-365-6517. **