

Boundary Waters Participant Clothing & Gear List

Luther will provide all the gear you need for the canoe trip. This includes the following:

- Canoes, paddles, lifejackets, tents, packs, dishes, utensils, dish soap, water bottles, food, toilet paper, matches, maps, first aid kit, stove, etc.

For your personal items, use the following list as a guide. We don't want you to run out and spend lots of money—and I suspect you have most of what you need already—but we want to be sure you are comfortable.

- hat with visor and bandana
- rain jacket and rain pants (ponchos are not recommended)
- 1 windbreaker
- 2 warm tops such as "Polar Plus," polar fleece, or wool
- 1 long sleeve flannel shirt (or equivalent)
- 1 pair of non-cotton wind pants (you'll live in these)
- 1 pair of light cotton or non-cotton pants (sweats and jeans are discouraged because of drying time)
- 1 t-shirt
- 1 pair of shorts
- 1 swim suit
- 2 pair of footwear
 - one pair will be wet while canoeing and portaging (We suggest boots that will give ankle support while portaging, but keep in mind that they will get wet. Old sneakers generally work well. **Flip flops and sandals with open toes are discouraged.**)
 - one pair will be kept dry for camp at night (We suggest something lightweight such as tennis shoes, moccasins, or boat shoes that can be easily stowed)
- 3 pairs of wool socks (these will keep your feet warmer and more comfortable than cotton)
- 1 pair of cotton socks
- 1 pair long underwear tops and bottoms (polypropylene or equivalent "wicking" material is recommended). The long underwear must not contain cotton.
- 1 pair warm gloves or mitts
- knit cap
- extra underwear
- toiletries - only bring shampoo or soap that is biodegradable
- sleeping bag that is lightweight but warm
- foam or Therm-a-rest insulated sleeping pad
- flashlight or headlamp
- sunglasses, suntan lotion, lip balm
- fanny pack
- small mug for hot drinks and water
- water bottle
- book, paper, pencil or pen
- small hand towel and wash cloth
- insect repellent (at least 40% Deet is most effective)

- Optional items: waterproof camera/film, compass, fishing gear, head mosquito net
- 1 set of clean clothes, shoes and towel to be used after completion of the trip