



Personal Gear to Bring on Your Canoe Trip

Selecting the proper clothing for your BWCA or Quetico Park canoe trip adventure will assure you of a comfortable trip no matter what Mother Nature brings.

We recommend the following items for all canoe trips:

- Lightweight hiking boots for portaging
- Comfortable shoes for around camp
- 2 Sets long-sleeved shirt & pants as protection for bugs and sun
- One pair shorts and t-shirt
- Windproof jacket or shell
- Cotton gloves
- Rain suit (we pack ponchos with completely outfitted parties)
- Cap with visor
- Two extra pair of socks
- Swimsuit
- Towel, washcloth & toiletry items
- Fishing equipment
- Flashlight or head lamp with new batteries (one per tent)
- Compass (optional)
- First Aid kit (one per group)
- Sunglasses and sunscreen (15 to 30 SPF)
- Camera and film in a waterproof inflatable bag
- Insect repellent
- Fanny pack for miscellaneous items

Spring and Fall Trips should also bring along:

- Warm cap
- Long underwear
- Insulated jacket
- Warm socks
- Sweater
- Wool shirt

Today's outdoor technology offers a vast array of lightweight, waterproof and water-resistant clothing items. With many years of canoe trips under our belts, we have found that layering our clothing offers the optimum protection and warmth against the elements. Although you do not need to go out and purchase a whole new wardrobe for your wilderness excursion, the following items may offer additional peace of mind and comfort.

The most important item you take along on your trip will be your rain suit. Your rain suit will not only protect you from rain, but also act as a wind-resistant layer and an additional layer of warmth in cold weather.

A medium weight Polar-Tec or Polar fleece jacket and pants offers warmth and comfort for spring and fall trips. Choose light-weight Polar-Tec for June through August trips. Polypropylene garments offer a fantastic wicking system that assures dry skin and warmth. Wool socks, fingerless gloves and sweaters also provide extra warmth even when they become damp. We do not recommend cotton as it tends to hold moisture close to the skin, causing a chilling effect.

Hiking boots or work shoes that are water-resistant keep feet warm and dry when portaging. On spring and fall trips, when keeping yourself dry and warm is essential, we choose to wear knee high rubber boots in place of the hiking boots. (High water levels in the spring and low water levels in the fall can create challenges in portaging.)