

Follow the instructions on the next two pages!
They are printed for a reason.
They are based on experience!!

If you have a question, a doubt or even a wondering,
please ask!

Cell Phones:

Cell phones will not work in the Boundary Waters. You can use your phone as a camera.

Contact:

On this trip, “No news is good news”. If parents do not hear from us, parents can know that all is well. In the event of an emergency, you would be contacted at the numbers you listed on the permission forms. While we are actually in the Boundary Waters, there is no cell phone coverage. Messages will be retrieved as soon as we get back to the outfitter. Expect that the only time you will get a call is when we are almost home.

Scholarships:

We're glad you are participating! The priority at First Congregational United Church of Christ is to offer a safe and welcoming experience to all young people. Scholarships are made available through the church and through donations. Students will not be turned away from events due to financial need. The best way to accept and pay forward a scholarship is to come back! Your continued participation is the best thing for our group! If, in the future, you are able you to, you can make a donation that would allow us to offer a scholarship to another person. Payment plans are always available.

Boundary Waters Canoe Trip 2020

The following list represents must have items and suggestions as to what to bring. Take personal preferences into consideration. As you pack, continually remind yourself of the following:

- 1) Most people take “too much stuff” on their trips.
- 2) You will be in the wilderness. Comfort is key, it is not a fashion show.
- 3) The best way to dress is in light, quick drying layers. Cotton is heavy and uncomfortable when wet. Wool and synthetics (like fleece, or “underarmour” type material) dry faster and will retain body heat even when wet.
- 4) Borrow what you don’t have.
- 5) The weather could be very hot and very cold- even on the same day.
- 6) Remember- we are part of a TEAM. We do not ALL need a huge tube of toothpaste or a whole bar of soap. Plan with others what you will bring.
- 7) We are limited on space and weight, so pack conservatively.
- 8) If you are not sure, ask questions!

MUST HAVE:

- **Good hiking boots** (Meijer’s had some around \$40 last year) *Boots are a must! Do not buy hiking or portage *shoes* or waterproof boots- stores will try to sell you these and tell you they are best, but they are NOT! Shoes do not support your ankles and waterproofing that is meant to keep water out, will also keep water from getting out and keep your boots wetter, longer. Do not spend a lot of money.*
- **1 pair light camp shoes**- light tennis shoe or crocs- **absolutely no sandals**. Old shoes work great.
- 1 warm fleece or wool sweater (Cotton sweatshirts will not be warm enough and should not be used!)
- 1 pair long pants (convertible, zip-off pants work great or old sport pants NO JEANS)
- **2-3 pair wool or synthetic socks** (smart wool, hunting socks, etc. – borrow them if you don’t have them! Cotton Socks will give you BLISTERS!! You **must** have wool or synthetic)
- Rain suit (**no ponchos**)
- 2 pair liner socks (optional)
- 1-2 pair cotton socks (**to wear in camp only- do not confuse these with your other socks! Know the difference!**)
- 1 pair shorts (cotton is okay, but soccer type (synthetic) shorts are better)
- 1 or 2 short sleeved shirts (T-shirts okay)
- 1 long sleeved shirt (again, synthetic if possible)
- 1 set long underwear (silk or synthetic is best)
- 1 set of camp clothes- shorts/pants and shirt - We will try to keep these dry all week.
- 1 set of sleep clothes (optional, you can wear your camp clothes or your canoeing clothes)
- Underwear, Sport bras, personal items.
- Bathing suit- (optional, you could wear your clothes and get them clean at the same time!)
- Small towel (hand towel size)
- Bug helmet/Head net- (Optional, it can be quite buggy, about \$1.99 in the camping dept. WORTH IT!)
- Hat/handkerchief/sunglasses
- Babywipes (for quick baths)
- Spare pair of glasses/contacts
- Medications

If you do not have the above items, borrow them. If you can’t borrow them, look at thrift stores. The best gear is repurposed. Many things are made of the same material as expensive sports clothes. Look for synthetic and watch out for cotton lining. Remember: Cotton (jeans, t-shirts, sweatshirts, etc.) are uncomfortable and cold! Choose wisely and ask when you are not sure! Many people have not listened to this advice and have regretted it! **There is a selection of much of this stuff to borrow from at church!** FROM is a great resource!

Other Optional items:

- Camera/batteries
- Flashlight
- Pocket knife
- Journal/pencil
- book/cards
- Gloves
- Deodorant (it definitely attracts bugs, and maybe bears.) You don't need to bring it!

Stuff for getting there:

- Sleeping bag/pillow
- Money for food (5 fast food and 1 restaurant meals)
- Souvenir money (optional)
- Shower stuff for when we get off the water. Towels are provided.
- Stuff to do in the van
- Snacks and water for the ride.

You should pack in the following manor...

DO NOT plan to use stuff from both bags at the same time.

Bag #1 – backpack or other bag

Stuff for getting there and getting home

Remember- The clothes you wear there can be the clothes you wear home
You must have shoes to wear in the van (not your camp shoes or your boots)
Bring your sleeping bag/mat and pillow

- Stuff to do... music, books, games, etc.
- Snacks
- \$\$ for food
- Your shower stuff for after the trip
- Your first camping outfit and your boots

Bag #2 – Use an old pillowcase (It should only be about half full)

- **Personal (camping stuff)** Pack **all** your camping gear- clothes, flashlight, camp shoes, socks, etc. (from the list- except your first outfit and boots).
- Pack everything you want to stay dry in **freezer** zip bags (zips work better than slide bags)
- Pack everything that could leak in freezer zip bags
- Keep things that could contaminate each other in separate freeze sip bags (socks separate from toothpaste, bug spray separate from medicine, etc)
- **ABSOLUTELY NO FOOD/GUM/CANDY** or anything bears might like to eat!