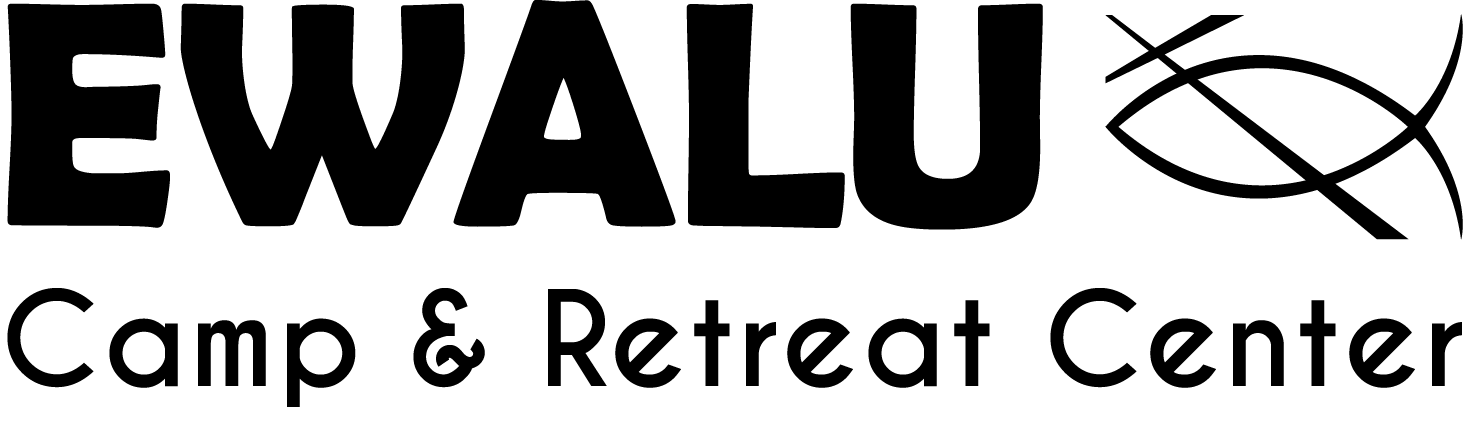
** Boundary Waters Packing List**

**General**

* Bible
* Sleeping bag & small pillow
* Toiletries - *only the necessities: soap, toothbrush, toothpaste, towel, deodorant, etc.*
* Misc. gear and supplies: small flashlight or headlamp, batteries, insect repellent, sunscreen
* “Stuff sack” (for clothes and personals)
* 32 oz. water bottle with a secure lid (such as a Nalgene, available in the camp store)
* Spending money *Please keep money with you that you may want to use for snacks or souvenirs*

**Clothing** *LABEL your items. Please do not bring expensive clothing, shoes, etc., which may become soiled. Consider bringing non-cotton items as they dry faster and stay warmer.*

* Pants and/or windbreaker pants
* Shorts
* Socks and underwear (bring extra)
* T-shirts
* Sweatshirt
* Warm jacket & hat (temps can dip below 49° at night in the BWCAW, even in summer)
* A baseball or brimmed hat to protect from the sun
* Raingear
* Pajamas
* One set of “wet clothes” and one set of “dry clothes”
  + “Wet clothes” should include underwear, socks, pants or shorts, a t-shirt, and swimsuit
  + “Dry clothes” should include underwear, socks, pants, a t-shirt, and a long-sleeved shirt
* TWO pairs of shoes (tennis shoes and shoes that can get wet – not flip flops)

**Optional Items**

* Camera (not a phone)
* Book or journal
* Fishing gear (must have Minnesota fishing license)

**Suggestions and Reminders**

* There will be a day of travel at the beginning and the end of the week, with canoeing approximately three to four days in between.
* Bring a list of the items you pack and check that you have everything at the end of the week.

**What NOT to Bring**

* Phones or other electronic devices
* Food, gum, or candy
* Weapons of any kind
* Drugs, tobacco/nicotine, or alcohol