

# Canoe Camping List

Personal edited Mark Mulbrook 02/08

## Clothing

Protection from bugs and sun - summer weight

1 - 2 sets long sleeved shirt

1 - 2 long pants

1 - 2 Shorts (1 if 2 long)

1 - 2 T Shirts (Coolmax) (1 if 2 long)

Swim Wear

2 sets Hiking Socks

1 Camp Socks

Hiking Boots

Camp Shoes/Sandals

Rain Gear

Jacket

Pants

Hat for sun and rain with visor

Towel – small hand size towel works just fine

2 Bandannas

2 - 3 Briefs (Coolmax)

Spring and Fall Trips should also bring along:

Wool – warm

Hat

Gloves

Sweater

Wicking Long Underwear

Top

Bottom

## Fanny/Day Pack

Knife

Lighters/Matches

Extra Batteries everything AA or AAA

Headlamp/Flashlight small

Camera

Insect Repellent - DEET

Compass/GPS

Water Bottle

Sunglasses

Prescription glasses 2<sup>nd</sup> set

Sunscreen

Lip Stuff

Thermometer - optional small backpacking type

Whistle

head net – optional (seasonal)

## Toiletries

Toilet Paper

Tooth Brush/Paste

Bio Unscented Soap

Medicine - Personal medication

## General

Sleeping Bag

Sleeping Pad – not foam roll (thermarest)

Packs – I like 3 per boat for double portage

## Miscellaneous

Identification

Permits

Maps/Case

Scout Book – Boys

Optional

Book (not war and piece)

Notebook

Pen

Playing cards

## Fishing

Rods

Reels (w/Extra Spools)

Tackle

3”X4”X5” tackle box

License

Net - per boat

Cheap handheld

Fillet Knife

Adults only

## Canoeing Gear by boat

With rental

Canoe (w/registration)

Life Jackets

Paddles

Extra Paddle

Not with rental

Bow Rope

Sponge

## Eating Equipment

Plate / Bowl

Cup

Forks & Spoons

# Canoe Camping List

## By Group

### General

Tent/Stakes/Poles  
Plastic sheet - larger than floor inside tent  
Water Filter & Accessories  
Water Bag  
Rope for Food w/pulley  
Bow Saw  
Tarp/Screen Tent-optional

### Emergency Kit

5 Minute Epoxy  
Candles  
Matches  
Sewing Kit  
Duct Tape  
Garbage Bag  
Fastex Buckles  
Extra Rope

### Cooking Equipment

Stove  
Gas Bottles(Full)  
Fry Pan with lid  
Pot with lid  
Griddle - optional  
Spatula  
Pot Gripper  
Scrubee  
Dish Towel  
Soap

### First Aid Kit

First Aid Manual  
10 each Band-Aids - 3/4", 1", Knuckle, Fingertip  
4 Large Adhesive Pad  
Assorted Sterile Pads  
Waterproof Tape  
2 Sutures  
Mirror  
Thermometer  
Q Tips  
Mole Skin  
Tweezers  
Sea Breeze Antiseptic  
Triple Antibiotic Ointment  
Ibuprofen (Lots)  
Cortisone Ointment  
Eye Drops  
Nasal Spray  
Sore Throat Lozenges  
Toothache Drops  
Decongestant  
Antacid  
Kaopectate  
Ace Bandage  
Tylenol 3 (If Available)

### Food

Additional information



# Canoe Camping List

The right equipment is important for a good trip, too much “stuff” will bog a trip down and leave you dragging.

If you're not wearing it, you have to carry it, and when it is on your back every ounce counts. If you feel you need to include items not mentioned in this list, bring them along, you can always leave things in a car.

## Recommendations:

I do not like to portage a canoe with a pack, but am more than willing to make a double portage. With an adult carrying the canoe the first portage, the scout needs to be able to portage a pack on the first trip, and a second pack on the second trip. This means the scout needs to be able to portage 2 of the packs, leaving one heavier pack for the adult. I usually leave fishing poles, with reels off, and the extra paddle strapped to the canoe. This leaves the paddles to be carried in hand on the second portage.

Pack weight max    2 @ 35 lbs. (25 – 40 % body weight)  
                             1 @ 55 lbs. (35 – 40 % body weight)

## Dry sleeping bag.

I use 2 stuff sacks, put the sleeping bag in the first one, put a plastic bag over it, then put the second stuff sack over the plastic bag. This keeps the softer plastic bag from ever getting torn.

## Rain Gear:

Recommend Gore-Tex, must fit over everything you can put on, when it's cold this is the last item you put on. Cheaper rain gear will keep you dry and warm, but will not breathe making you sweating in your jacket. You should be able to take a shower with your rain gear on and stay dry, a wind jacket or something that is only water repellent is not recommended.

Layering clothing offers the optimum protection and warmth against the elements. 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.

## Boot system:

Socks, Wool and some type of synthetic fiber works best. I like gore-tex boots, but even these leave my feet wet at times. So it is important to have a 2 layer sock system, the synthetic sock next to your foot keeps them from blistering even when wet, and the wool second layer sock keep your feet warm. Wool dries fast and will keep you warm when wet. It is important to have a boot that allows you to hike down the rocky trails, tennis shoes will not work. The sole of the boot is important, you need to be able to stand on a pointed rock and not feel the sharp edge on your foot.

## Clothing items:

This may not seem like a lot of clothing for an extended wilderness trip, but all of the items suggested are synthetic and quick drying. Cotton is not recommended as it tends to hold moisture close to the skin causing a chilling effect.

**1 set of clean clothes for your drive home**

# Canoe Camping List

## Web resources

### camping goods

campmor [www.campmor.com](http://www.campmor.com)  
gander mountain [www.gandermountain.com](http://www.gandermountain.com)  
sierra trading post [www.sierratradingpost.com](http://www.sierratradingpost.com)  
outdoor gear [www.outdoor-gear-store.com](http://www.outdoor-gear-store.com)

### fishing

Bass pro shop [www.basspro.com](http://www.basspro.com)  
cabela's [www.cabelas.com](http://www.cabelas.com)

### canoe store

rutabaga [www.rutabaga.com/](http://www.rutabaga.com/)

### Maps

BWCA maps [www.latitudesmapstore.com/template.cfm/63/69/79](http://www.latitudesmapstore.com/template.cfm/63/69/79)

### state info

SNF [www.superiornationalforest.org/](http://www.superiornationalforest.org/)  
lake finder <http://www.dnr.state.mn.us/lakefind/index.html>

### Lake info

portage / lake info [www.rook.org/earl/bwca/resources/index.html](http://www.rook.org/earl/bwca/resources/index.html)  
reg 5 [www.rook.org/earl/bwca/lakes/lakes1.html](http://www.rook.org/earl/bwca/lakes/lakes1.html)  
reg 10 [www.rook.org/earl/bwca/lakes/lakes10.html](http://www.rook.org/earl/bwca/lakes/lakes10.html)

### resources

general [www.canoecountry.com/](http://www.canoecountry.com/)  
journal [www.boundarywatersjournal.com](http://www.boundarywatersjournal.com)  
advisory comm [www.bwac.homestead.com/](http://www.bwac.homestead.com/)

### trails

The Superior Hiking Trail [www.shta.org/](http://www.shta.org/)  
kekekabic trail <http://www.kek.org/>  
BWCA trails [www.canoecountry.com/hike/](http://www.canoecountry.com/hike/)

### Food

[www.outdoorhq.com/backpack/bpindex.html](http://www.outdoorhq.com/backpack/bpindex.html)  
[www.mountainhouse.com/](http://www.mountainhouse.com/)  
[www.outdoorcooking.com/](http://www.outdoorcooking.com/)  
[www.backpacking.net/gearfood.html](http://www.backpacking.net/gearfood.html)