



## You're **PLANNING FOR YOUR COLDWATER TRIP!**

Here's a few things to keep in mind...

- You don't have to spend a lot of money to come on a trip with us. If you can't find what you need, borrow from friends or family, and go thrift-shopping! If you have questions, please don't hesitate to ask.
- Your group will have a locker for storing your things while you are out on trip, and your leaders will talk about gear with you, making sure you have what you need, before you head into the wilderness.
- You will be provided with Duluth packs to put your personal gear in. You will most likely be sharing a pack with another person, so it works great to keep your things in smaller bags (one for clothes, one for toiletries, etc). You will also be issued some group gear to pack in with your personal gear. Please try not to bring more than what is on this list. You do not need to bring a hiking backpack unless otherwise specified.
- You'll be active on trip, moving a lot and at times working up a sweat. If you get wet, it can be easy to become chilled very quickly. Dressing in layers allows you to add or remove layers easily, regulating your body temperature so you won't get too cold or soak your clothes in sweat.
- Cotton fabrics absorb water very well, so they take a long time to dry, and can keep you very cold. You'll want to find synthetic (polyester, nylon, lycra) or wool (merino is great!) fabrics. These are 'wicking' fabrics that draw moisture away from your body. They dry faster, and can keep you warm, even if you're a little wet. Be sure to check the tags to check the material type.
- Loose-fitting long sleeve clothing works great to keep the bugs away, while not overheating! We can provide you with a bug head net if you want extra protection from mosquitoes, or you can bring your own!
- On trip, you will need two pairs of shoes. One pair will be worn during the day while paddling and portaging. These are your "wet shoes." You will be stepping into and out of lakes/streams, so they should be light and breathable. However, they should also be closed-toed and protective as you will be hiking on rocky/brushy/slippery wilderness trails. Your other pair, your "dry shoes," will be stored in your waterproof pack. As soon as you get to your destination campsite at the end of a day of travel, you will take off your wet shoes and socks, and put on dry shoes and socks. These dry shoes should be closed-toed and protective as you will be walking through the woods to collect firewood, going for a day hike, and walking near a campfire. Old but durable sneakers/tennis shoes work great for both wet shoes and dry shoes, as do light hiking shoes. It's best to stay away from leather shoes, as they get heavy when wet and do not drain water well.

- \*3 non-cotton t-shirts
- \*1 long sleeve shirt—wool or synthetic
- \*1 heavy fleece jacket or wool sweater
- Durable, waterproof rain gear: top *and* bottoms. (Frogg Toggs are not recommended)
- 1 light nylon windbreaker
- 3-4 pairs of underwear
- \*1 pair warm leggings, non-cotton
- 1 pair athletic shorts
- \*2 pair long pants (synthetic blend, not jeans)
- 1 pair of closed-toe light hiking shoes or sneakers (for dry shoes around camp)
- 1 pair closed-toe, non-leather shoes for portaging/canoeing (old sneakers work best—these will be your wet shoes)
- \*2-3 pairs mid-weight wool socks or poly blend
- 1 baseball cap/sun hat
- Swimsuit and Towel (quick-dry camp towels are best)
- Toothpaste/Toothbrush/Floss
- Small soap/shampoo
- Feminine hygiene items
- 1 small pack of baby wipes
- Sunscreen
- Small Bible
- Journal and pen
- 4 one-gallon ziploc bags
- Nalgene 32oz water bottle (Can borrow or purchase from Coldwater)
- 2 large durable garbage bags
- Headlamp and extra batteries (Don't skip the extra batteries!)
- Sleeping Bag – a mummy-style sleeping bag that has a temperature rating of at least 15°F, and a full surround drawstring hood. Synthetic bags are preferable to down. If you have trouble finding a suitable sleeping bag let us know.
- Bring any and all prescription meds you are currently taking.



**Water Shoes = BAD**



**Running/hiking shoes = GOOD**

**\*check tags to make sure these items are not cotton!**

Optional items include:

Light non-cotton gloves, Small pocket knife (with folding blade), Bandana, Plastic Travel mug, Digital or disposable camera (Don't plan to use your phone as a camera. Phones will be left safely at camp.), warm winter hat, polarized sunglasses, chapstick, insect repellent (no aerosol cans), dry bags sized 5 to 20 liters, Light & packable puffer jacket