

# **PACKING - THE BIG THREE**

For summer wilderness travel, three items take on extra importance.

Attend a New Camper Orientation (to learn more, see pg. 1)

## **1) BOOTS**

*The most important factor in selecting boots to bring to Menogyn are that they are well-broken-in and comfortable.*

### **■ For a canoeing trip**

an over-the-ankle work boot or light hiking boot with a sole that will hold up when wet--and they will get wet!) is best. Heavy mountaineering or backpack boots generally do not work well for canoeing. Some folks use Red Wing work boots or REI Monarch hiking boots. We do not recommend water shoes/aqua socks because they don't have ankle support.

### **■ For a backpacking trip**

It's best to get a midweight, sturdy pair of hiking boots early and break them in! REI, Nokomis Shoes and Midwest Mountaineering have good selections.

### **■ For rock climbing**

We recommend a pair of climbing shoes – these can be purchased and/or rented at REI. For a Voyage Nouveau rock climbing trips you will also need a pair of canoeing boots, as described above. For an Esprit d'Amitie rock climbing trip you will also need a pair of sturdy backpacking boots, as described above.

## **2) RAIN GEAR - JACKET & PANTS**

It does rain up north and out west, and your adventure doesn't stop when it rains. That plastic garbage bag raincoat just won't keep you dry in a downpour. The best rain gear is made out of coated nylon or Gore-tex. You want to make sure that your rain gear covers both your upper and lower body. A good combination is a shell-jacket with rain pants. (Ex: Stearns, Coleman, Columbia, etc...) Avoid the "emergency poncho," as these usually rip on the first day.

## **3) SLEEPING BAG**

**A sleeping bag may be your single biggest purchase.** If cost is an issue, you can borrow one or even rent one. Synthetic-fill bags are usually less expensive than down-fill bags and work well for the fairly wet climate of northern Minnesota and the mountains. A good, lightweight, 3 season, mummy-style sleeping bag rated down to 30 degrees, is your best bet.

## **REMEMBER!**

When thinking of summer gear, remember that you need good gear and layers to stay warm and dry. If cost is a factor, think about borrowing – does your uncle have his old army boots? Does your mom have hiking boots you can use? Also, places like Goodwill have clothes made of synthetic fiber (fleece) or wool, which are great for layering. Be creative. Call us with any questions. We love talking about gear! 612-822-2267.

# PACKING LIST

FOR TIME ON TRAIL

Pack items and clothing that can get muddy, dirty, wet, torn, stained, etc.  
All items should be clearly labeled with your child's full name.

## \*THE BIG THREE\*

- \_\_\_ **\*Rain gear** - (jacket and pants) waterproof nylon or Gore-tex.  
Ponchos not recommended. *(see pg 9)*
- \_\_\_ **\*Boots** - They will get wet and should be worn and broken in  
before the trip to prevent blisters *(see pg 9 for boot types)*
- \_\_\_ **\*Sleeping bag** - suitable warmth to at least 30 degrees *(see pg 9)*

- \_\_\_ Waterproof stuff sack for sleeping bag
- \_\_\_ Trail cap with brim to shade the sun
- \_\_\_ Wool or fleece hat (beanie or winter hat)
- \_\_\_ Sport sandals with ankle support for in camp.  
*No flip flops, please! They do not protect or support the feet.*
- \_\_\_ 2-4 Pair wool/synthetic boot socks, not cotton.
- \_\_\_ 2 Pair lighter weight socks, not cotton.
- \_\_\_ 2 Pair shorts (we recommend nylon shorts with a liner for guys & gals)
- \_\_\_ Swim suit
- \_\_\_ 1 Pair long pants (wool or polar fleece)
- \_\_\_ 2-4 Changes underwear
- \_\_\_ 1 Pair long underwear top and bottom
- \_\_\_ 2 T-shirts
- \_\_\_ 2 warm layers for upper body. These may be: wool/synthetic shirt or  
jacket, wool sweater, polar fleece pullover.  
*No cotton sweatshirts, for time on-trail as they do not hold warmth when wet.*
  
- \_\_\_ Personal Items (toothbrush, toothpaste, small towel, Feminine Products)
- \_\_\_ Extra pair eyeglasses and/or contact lenses
- \_\_\_ Sunglasses with safety cord
- \_\_\_ Water Bottle (32 oz) - a must! (we have Nalgene bottles in our Tuck Shop)
- \_\_\_ Flashlight (small) or head lamp with extra batteries
  
- \_\_\_ Lunch and beverage for bus trip up to camp
- \_\_\_ Money for Camp Store "Tuck Shop" items *(see pg 5)*



IT'S A TRADITION!  
Menogyn campers use "Wet boots, wet socks & wet clothes"  
during the day when they're on their wilderness trips.  
And a set of "Dry shoes, dry socks and dry clothes"  
each night when they stay at a campsite.

# **PACKING LIST (CONTINUED)**

## **& SAFETY ON-TRAIL**

### **OPTIONAL ITEMS FOR TRAIL LIFE**

- Insect repellent  
(we recommend no more than 30% deet)
- Writing journal / a good book
- Sunscreen/lotion
- Camera
- \*Fishing gear & tackle
- Small games (hackey-sack, cards, etc.)

**\*Fishing** - Though fishing is not a primary goal on a Menogyn canoe adventure, you are welcome to bring a pole. Minnesota fishing license information can be obtained by calling 1-888-646-6367. Campers provide their own poles and small, pocket-sized tackle box.

### **ADDITIONAL ITEMS FOR THE TIME IN CAMP**

#### **BEFORE AND AFTER THE TRIP**

- 1 change of clothes and underwear for after sauna, banquet & campfire  
(shorts, shirt, and long pants, hooded sweatshirt)
- 1 Pair lightweight socks
- Towel, shampoo & soap (for the shower after sauna)

### **SAFETY CONSIDERATION**

Campers need to be aware that all Menogyn Wilderness Adventures require physical, mental and emotional effort. Though we cannot guarantee safety, it is our first priority. To promote a safe trip we ask that campers:

- are able to understand, remember and follow instructions.
- are able to respect and relate responsibly to other members in the group.
- are able to participate in a trail experience in which there are no medical resources available other than the trail counselors.

*In addition to the above, also consider safety for each type of trip:*

#### **FOR CANOE TRIPS**

- Campers are able to enter and exit a canoe independently or with minimal assistance of a companion.
- Campers are able to balance and travel in a canoe for extended periods.
- In the event of a swamping (canoe tips over or fills with water), campers must have the ability to get out from under the canoe independently, right him/herself and remain face up in the water with the aid of a life PFD.



#### **FOR BACKPACKING**

- Campers are able to hike with a 45 lb. backpack independently.

#### **FOR ROCK CLIMBING**

- In addition to the above, campers are able to lift yourself using the strength of your arms and legs.