



# Packing Information & List for Wilderness Trips

## 5-12 Day BWCAW / Quetico / Grand Portage Canoe

\* - Wolf Ridge can provide this item

### CLOTHING- Bold items required

\_\_\_\_\_ **Closed-toe, ankle supporting portage "wet" shoes;**

\_\_\_\_\_ **Raingear; coat/pants or poncho**

\_\_\_\_\_ **Light, comfy in camp shoes; "dry" shoes**

\_\_\_\_\_ **Swimming shoes; closed toed**

\_\_\_\_\_ Set(s) of clothing for time at Wolf Ridge

\_\_\_\_\_ (see the additional items packing list)

\_\_\_\_\_ 1 pair of long pants- on trail

\_\_\_\_\_ 1 pair of long pants- in camp

\_\_\_\_\_ T-shirt- on trail

\_\_\_\_\_ T-shirt- in camp

\_\_\_\_\_ Long sleeve shirt- in camp

\_\_\_\_\_ Sweater/jacket; fleece/wool

\_\_\_\_\_ Windproof jacket; rain gear can double

\_\_\_\_\_ Shorts- one pair; on trail/in camp

\_\_\_\_\_ Swimsuit

\_\_\_\_\_ Socks-3-4 pair; wool/synthetic

\_\_\_\_\_ Underwear/long underwear

\_\_\_\_\_ Brimmed hat

\_\_\_\_\_ Stocking cap; in case of cool nights

\_\_\_\_\_ Lightweight gloves; for cool nights

### MISCELLANEOUS

\_\_\_\_\_ Sleeping bag and stuff sack

\_\_\_\_\_ Sleeping pad\*

\_\_\_\_\_ Water bottle\*

\_\_\_\_\_ Personal medications

\_\_\_\_\_ Headlamp/small flashlight

\_\_\_\_\_ Toiletries; small travel amounts

\_\_\_\_\_ Sunscreen; SPF 15 or greater

\_\_\_\_\_ Sunglasses

\_\_\_\_\_ Stuff sacks for clothing

\_\_\_\_\_ Bandannas

### QUETICO ONLY

\_\_\_\_\_ Passport book or card

\_\_\_\_\_ Remote Area Border Crossing (RABC) Permit

\_\_\_\_\_ Signed Parent/Guardian international travel consent form

### OPTIONAL

\_\_\_\_\_ Fishing equipment; rod/reel, tackle

\_\_\_\_\_ Journal or book to read

\_\_\_\_\_ Small pocket tool; (i.e. Swiss Army, Leatherman, etc.)

\_\_\_\_\_ Camera/film

\_\_\_\_\_ Binoculars

\_\_\_\_\_ Field guides

\_\_\_\_\_ Playing cards

\_\_\_\_\_ Dice/games

\_\_\_\_\_ Head net

\_\_\_\_\_ Insect repellent; non-aerosol

\_\_\_\_\_ Canoe paddle\*

## 5-8 Day Apostle Islands Sea Kayak

\* - Wolf Ridge can provide this item

### CLOTHING- Bold items required

\_\_\_\_\_ **Paddling shoes; No tennis shoes or flip-flops**

\_\_\_\_\_ **Light, comfy in camp shoes**

\_\_\_\_\_ **Raingear; coat/pants or poncho**

\_\_\_\_\_ Set(s) of clothing for time at Wolf Ridge

\_\_\_\_\_ (see the additional items packing list)

\_\_\_\_\_ 1 pair of long pants- in camp

\_\_\_\_\_ T-shirt- for paddling

\_\_\_\_\_ T-shirt- in camp

\_\_\_\_\_ Long sleeve shirt- in camp

\_\_\_\_\_ Sweater/jacket; fleece/wool

\_\_\_\_\_ Shorts- one pair; in camp

\_\_\_\_\_ Swimsuit

\_\_\_\_\_ Socks-2-3 pair; wool/polypropylene

\_\_\_\_\_ Underwear/long underwear

\_\_\_\_\_ Brimmed hat

\_\_\_\_\_ Stocking cap; in case of cool nights

\_\_\_\_\_ Lightweight gloves

### MISCELLANEOUS

\_\_\_\_\_ Bedding for dorm; sheets and pillow

\_\_\_\_\_ Sleeping bag

\_\_\_\_\_ Sleeping pad\*

\_\_\_\_\_ Water bottle\*

\_\_\_\_\_ Personal medications

\_\_\_\_\_ Headlamp/small flashlight

\_\_\_\_\_ Toiletries; small travel amounts

\_\_\_\_\_ Sunscreen; spf 15 or greater

\_\_\_\_\_ Sunglasses

\_\_\_\_\_ Stuff sacks\*

\_\_\_\_\_ Bandannas

### OPTIONAL

\_\_\_\_\_ Journal or book to read

\_\_\_\_\_ small pocket tool; (i.e. Swiss Army, Leatherman, etc.)

\_\_\_\_\_ Camera/film

\_\_\_\_\_ Binoculars

\_\_\_\_\_ Field guides

\_\_\_\_\_ Playing cards, dice/games

\_\_\_\_\_ wetsuit\*

\_\_\_\_\_ kayak paddle\*

\_\_\_\_\_ See other optional items in Canoeing section

# 7 Day Isle Royale Backpack

\* - Wolf Ridge can provide this item

## CLOTHING- Bold items required

- \_\_\_\_\_ **Sturdy over the ankle hiking boots**
- \_\_\_\_\_ **Raingear; coat/pants or poncho**
- \_\_\_\_\_ **Light, comfy camp shoes; sandals good**
- \_\_\_\_\_ **Swimming shoes; closed toed**
- \_\_\_\_\_ Socks- 5-6 pair; wool/synthetic; no cotton
- \_\_\_\_\_ Set(s) of clothing for time at Wolf Ridge (see the additional items packing list)
- \_\_\_\_\_ 1 pair of long pants- on trail
- \_\_\_\_\_ 1 pair of long pants- in camp
- \_\_\_\_\_ T-shirt- on trail
- \_\_\_\_\_ T-shirt- in camp
- \_\_\_\_\_ Long sleeve shirt- in camp
- \_\_\_\_\_ Sweater/ warm layer; fleece/wool
- \_\_\_\_\_ Shorts- one pair; on trail/in camp
- \_\_\_\_\_ Swimsuit
- \_\_\_\_\_ Underwear/long underwear
- \_\_\_\_\_ Brimmed hat
- \_\_\_\_\_ Stocking cap; in case of cool nights
- \_\_\_\_\_ Lightweight gloves

## MISCELLANEOUS

- \_\_\_\_\_ Bedding for dorm; sheets and pillow
- \_\_\_\_\_ Sleeping bag and stuff sack
- \_\_\_\_\_ Sleeping pad\*
- \_\_\_\_\_ Water bottle\*
- \_\_\_\_\_ Personal medications
- \_\_\_\_\_ Headlamp/small flashlight
- \_\_\_\_\_ Toiletries; small travel amounts
- \_\_\_\_\_ Sunscreen; spf 15 or greater
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Stuff sacks for clothing; plastic bags work
- \_\_\_\_\_ Bandannas

## OPTIONAL

- \_\_\_\_\_ Backpack\*
- \_\_\_\_\_ Hydration bladder w/ hose
- \_\_\_\_\_ Gaiters
- \_\_\_\_\_ Journal or book to read
- \_\_\_\_\_ Small pocket tool; (i.e. Swiss Army, Leatherman, etc.)
- \_\_\_\_\_ Camera/film
- \_\_\_\_\_ Playing cards, dice/games
- \_\_\_\_\_ See other optional items in Canoeing section

# Additional Items for time at Wolf Ridge campus

- \_\_\_\_\_ One pair sandals or slippers
- \_\_\_\_\_ 3-4 pairs long pants
- \_\_\_\_\_ 4-5 T-shirts (mix long and short sleeve)
- \_\_\_\_\_ 2-3 pair shorts
- \_\_\_\_\_ Swimsuit, beach towel
- \_\_\_\_\_ 7-8 changes of underclothing
- \_\_\_\_\_ 7-8 pairs of socks
- \_\_\_\_\_ Pajamas
- \_\_\_\_\_ Towel
- \_\_\_\_\_ Bedding for dorm; sheets and pillow

- \_\_\_\_\_ Laundry bag
- \_\_\_\_\_ Shampoo, soap
- \_\_\_\_\_ Medications with instructions (pack separately for access at check-in)
- \_\_\_\_\_ Small backpack or fanny pack

## Optional Items

- \_\_\_\_\_ Extra batteries
- \_\_\_\_\_ Liquid laundry detergent
- \_\_\_\_\_ Money for Wolf Ridge Store
- \_\_\_\_\_ Books, cards, and board games
- \_\_\_\_\_ Paper, postcards, envelopes and stamps for writing home

## General

While at Wolf Ridge and on trail, your child will be spending much of their time outside. Though we encourage kids to avoid getting completely dirty, learning outside can be a messy business. With this in mind, **please do not bring new clothing** and expect that it will still look new at the end of the session. In addition, our proximity to Lake Superior makes for a wide range of weather possibilities. Temperatures can range from daytime highs in the 90's to night time lows in the 30's. Rain, fog, and sun can happen in a single day. Packing clothing layers will help campers adapt to weather changes.

## Footwear

**BWCAW, Quetico, and Grand Portage-** Close-toed, supportive, sturdy-soled portage shoes are required for portaging canoes and packs over rugged trails and mucky terrain. Ankle support is important to guard against injuries. Wolf Ridge calls these “wet shoes.” This pair of “wet” portaging shoes will get very wet, and will likely stay wet for the majority of the trip. Sturdy shoes with ankle support (like hiking shoes or boots) are best. Also pack a comfortable pair of shoes to wear around camp. These are often referred to as your “dry” shoes.

**Wolf Ridge requires that you wear shoes when wading and swimming.** Hooks, lures and sharp rocks are a hazard to feet. Light, quick drying and inexpensive water slippers, aqua-socks, water shoes, etc. are perfect for swimming. Closed toe are better than open toe. Remember, if you hurt your feet, it can ruin your trip!

**Apostle Islands-** Paddling shoes are required for kayaking. These shoes can be water sandals, “aqua socks”, water slippers, beach shoes, or something similar. They are small, dry quickly, and fit well in the cockpit of a sea kayak. **TENNIS SHOES AND FLIP-FLOPS**

ARE NOT ALLOWED FOR WEARING IN KAYAKS.

**Backpacking-** You will need light to mid-weight, over the ankle hiking boots. “Break in” your hiking boots before the trip to prevent and avoid painful and disabling blisters. Wear them around for a couple of weeks. Even better, load up a backpack and carry that around with you. Do not pack cotton socks for hiking. Synthetic and wool blend socks are best.

## Group Equipment

Wolf Ridge provides specialized equipment for activities and overnight camping trips, including backpacks, eating utensils, and sleeping pads.

## Bedding

In addition to a sleeping bag, we encourage campers to bring a set of twin sheets. Sheets add a sense of home and may be more comfortable than a sleeping bag, especially if the nights are warm. Campers can use their sleeping bag while on trail and as a blanket for warmth on their beds at Wolf Ridge during cool nights.

## Medications

Per American Camping Association standards, Wolf Ridge Camp Directors must hold and administer all medications. Exceptions to this medical policy are asthma inhalers, epi pens for severe allergies and/or diabetic medications. Medications MUST be in their original containers with the medication and dosage written on the bottle. As well, please share instructions with the Directors at camper check-in. Trip leaders and assistant trip leaders will hold and administer medications while on trail.

NOTE: Due to the nature of camp life, which includes travel, classes and activities from 7:30 am to 9:30 pm, please consult your child’s physician before you adjust your child’s medication schedule.

## Snacks

We provide a snack every evening. Snacks, including chewing gum, brought by campers create an unwanted mess in the rooms and attract wildlife into the rooms, especially ants and mice. Upon arrival, counselors collect any snacks and return them on the morning of departure.

## Electronics

As we prepare to welcome your children to Wolf Ridge, we want to provide some guidance regarding our policy on electronics at camp. We recommend that your child powers down and takes a break from the world of electronics. We recommend that campers leave all electronics at home (except cameras). These devices have a way of getting lost or broken at camp. Wolf Ridge cannot take responsibility for their loss or damage.

## Cell Phones

We believe that being at camp is an opportunity for your child to experience a world beyond home, and a chance for you and your child to practice “letting go.” “Letting go” allows children to develop autonomy, independence and a stronger sense of self. It allows them to make new friends, take responsibility for themselves and their bunkmates, problem solve and mature a bit. These things cannot be achieved when parents are only a phone call away. Although cell phones have been strictly prohibited at camp for many years, some families choose to ignore this policy. Invariably, this leads to conflicts within the group and allows campers to focus on their friends at home rather than their friends at camp. Cell phones enable campers to call or text parents for advice instead of turning to their peers or counselors, and they prevent campers from problem solving. In short, cell phone use at camp is counter to the values we teach and uphold at Wolf Ridge and interferes with an important peer aspect of the overnight camp experience.

When parents allow their child to break the rules and take a cell phone to camp, they are teaching their child that the rules apply to every other family, but not theirs. Please respect our policy and take the time to discuss it with your camper. In the past, campers have hidden their cell phones in their bags without their parents’ knowledge. Please make sure you put away your child’s cell phone before he or she leaves for camp. All cell phones will be collected at check in and returned to campers on closing day.

## Digital Cameras

If your child has an inexpensive digital camera, he or she may bring it to camp. (Make sure you pack enough memory cards and batteries.) Please discuss proper handling of the camera to ensure it isn’t lost or broken.

These policies are designed to create a welcoming and inclusive community at Wolf Ridge. Thank you for your understanding and your cooperation.

## Alcohol, tobacco, illegal drugs, and firearms

All of these items are strictly prohibited. Campers found with these items will be sent home immediately.