



Packing Information & List for Wilderness Trips

5-9 Day BWCAW/Quetico/STINT

Canoe

** items are required

CLOTHING

- ** 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 regular camp 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
- Warm hat; in case of cool nights
- Lightweight gloves; for cool nights

MISCELLANEOUS

- Bedding for dorm; sheets and pillow
- Sleeping bag and stuff sack

- Sleeping pad (Wolf Ridge can provide)
- **Water bottle
- Medications with instructions in original bottles
(pack separately for easy access at check-in)
- Headlamp/small flashlight
- Toiletries; small travel amounts
- Sunscreen; SPF 15 or greater
- Sunglasses
- Stuff sacks for clothing
- Bandanas

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 (Wolf Ridge can provide)
- Masks

8 Day Voyageurs NP Sea Kayak

** items are required

CLOTHING

- ** 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
- 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-3-4 pair; wool/polypropylene
- Underwear/long underwear
- Brimmed hat
- Warm hat; in case of cool nights
- Lightweight gloves

MISCELLANEOUS

- Bedding for dorm; sheets and pillow

- Sleeping bag
- Sleeping pad (Wolf Ridge can provide)
- **2 Water bottle
- Medications with instructions in original bottles
(pack separately for access at check-in)
- Headlamp/small flashlight
- Toiletries; small travel amounts
- Sunscreen; SPF 15 or greater
- Sunglasses
- Stuff sacks (Wolf Ridge can provide)
- Bandanas

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 (Wolf Ridge can provide)
- Kayak paddle (Wolf Ridge can provide)
- Masks
- Head net/bug net

5–7 Day SHT/Isle Royale Backpack

** items are required

CLOTHING

- ** Sturdy over the ankle hiking boots
- ** Raingear; coat/pants or poncho
- ** Socks- 5-6 pair; wool/synthetic; no cotton
- Set(s) of clothing for time at Wolf Ridge
(see regular camp 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
- Light, comfy camp shoes; sandals good
- ** Brimmed hat
- ** Warm hat in case of cool nights
- Lightweight gloves

MISCELLANEOUS

- Bedding for dorm; sheets and pillow
- Sleeping bag and stuff sack
- Sleeping pad (Wolf Ridge can provide)
- **Water bottle
- Medications with instructions in original bottles
(pack separately for easy access at check-in)
- Headlamp/small flashlight
- Toiletries; small travel amounts
- Sunscreen; SPF 15 or greater
- Insect repellent/head net
- Sunglasses
- Stuff sacks for clothing; plastic bags work
- Bandanas

OPTIONAL

- Backpack (Wolf Ridge can provide)
- 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
- Masks

General

While at Wolf Ridge, 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. Some packing tips to keep in mind:

- Label all belongings with your camper's name, including bedding.
- All items on the clothing list are important at camp, especially the rain gear and warm layers.
- Avoid cotton clothing when packing for wilderness trips. Cotton is only warm when dry (especially socks, jeans and sweatshirts).
- Fleece and wool are choices that will provide warmth when wet.
- Think layers. Layers let you adapt to different conditions.
- When in doubt, pack extra. Your trip leaders can help you decide what to leave behind at Wolf Ridge.
- Think light! You will be carrying everything on your back. Bring items that will double for different purposes (i.e. rain gear can double as a windbreaker).

Be economical. Borrow what you can. If you do need to purchase new items, quality rain gear and shoes will serve you well, even after your adventure with Wolf Ridge is over.

FOOTWEAR

Pack one pair of "dry" shoes and one pair of "wet" shoes. On rainy days campers can get their feet wet in their "wet" shoes, but still have something dry to wear afterward. Wolf Ridge also requires closed toed footwear for swimming and wading at sites other than our swimming beach (i.e. Keens, etc). Lightweight slippers/water shoes are good for these activities.

BWCAW & S.T.I.N.T. CANOE TRIPS - 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.

ALL KAYAKING TRIPS - 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.**

ISLE ROYALE & SUPERIOR HIKING TRAIL STEWARDSHIP BACKPACKING TRIPS- 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.

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 on the overnight camping trip and as a blanket for warmth on their beds during cool nights.

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, staff collect any snacks and store them to ensure they are kept safe.

GROUP EQUIPMENT

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

MEDICATIONS

Per American Camping Association standards, Wolf Ridge Camp Managers 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 Managers at camper check-in.

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.

WHAT NOT TO BRING

Please do not bring the following items to camp. Prohibited items may be collected and returned, if appropriate, on the last day of camp at check out. Campers found with anything illegal (drugs, alcohol, etc) will be sent home immediately.

- Cell phones
- Alcohol/drugs/tobacco products/Vapes
- Matches or lighters
- Weapons of any kind
- Electronics - including cell phones, iPods, MP3 players, radios, e-readers, video recorders, etc
- Candy or food
- Expensive make-up
- Fireworks
- Animals
- Vehicles

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

While we do understand a parent's concern about the safety and well-being of their children, please **DO NOT** allow your child to bring their cell phone to camp. 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 cabinmates, 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 they leave for camp. All cell phones that do come to camp 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/a charging cable. 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.