

# PACKING INFORMATION

**General Packing list is for ALL overnight camps.**

**Wilderness Trips should follow this packing list AND the wilderness trips list for their trip on the following pages**

**Day Campers, see Page 6 for your packing list.**

## GENERAL PACKING LIST

### GENERAL

____ Poncho or Rain jacket and Rain pants	____ Pajamas
____ Sleeping bag/ blanket	____ Towel
____ Bedding; twin sheets and pillow	____ Beach towel
____ Tennis shoes	____ Laundry bag
____ Water Shoes for Swimming	____ Toothbrush, toothpaste
____ One pair sandals or slippers	____ Shampoo, soap
____ Sweater or sweatshirt	____ Menstrual products
____ Warm hat	____ Medications with instructions in original bottles (pack separately for easy access at check-in)
____ 3-4 pairs long pants	____ Small backpack or fanny pack
____ 4-5 T-shirts (mix long and short sleeve)	____ Water bottle
____ 2-3 pair shorts	____ Sunscreen; SPF 15 or greater, sun hat
____ Swimsuit	____ Insect repellent/head net
____ 7-8 changes of underclothing	
____ 7-8 pairs of socks	

### OPTIONAL

____ Flashlight	____ Books
____ Extra batteries	____ Cards or Board games
____ Camera	____ Paper, postcards, envelopes & stamps
____ Sunglasses	____ Fishing Pole
____ Books	____ Rock climbing shoes

While at Wolf Ridge, your camper will be spending much of their time outside. Though we encourage campers 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.
- Be economical. Borrow what you can.

### **FOOTWEAR**

Wolf Ridge requires closed toed footwear for swimming and wading (i.e. Keens, etc). Flip-Flops, Crocs, or Slides are not allowed for swimming. Lightweight water shoes are good for these activities. Closed toe shoes are required for our Adventure Ropes Course and our Rock Climbing Wall, tennis shoes work best.

### **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
- iPods, MP3 players, radios, etc.
- Alcohol/drugs/tobacco products/Vapes
- Matches or lighters
- Weapons of any kind
- Aerosol Sprays (Axe body spray, Dry Shampoos, Spray Deodorant, etc. *Aerosol sunscreen & bugsprays are fine*)
- Expensive make-up
- Candy or food
- Fireworks
- Animals
- Vehicles

## **Packing Information & List for Wilderness Trips**

- 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! Bring items that will double for different purposes (i.e. rain gear can double as a windbreaker).

### **Intro to Canoeing, BWCA Canoe Trip, S.T.I.N.T. (2 weeks)**

#### **CLOTHING**

\_\_\_\_ Raingear; coat/pants or poncho  
\_\_\_\_ Light, comfy in camp shoes; “dry” shoes  
\_\_\_\_ Closed-toe, portage “wet” shoes  
\_\_\_\_ Swimming shoes; closed toed  
\_\_\_\_ 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  
\_\_\_\_ Bandana/Buff  
\_\_\_\_ Lightweight gloves; for cool nights

#### **MISCELLANEOUS**

\_\_\_\_ Sleeping bag and stuff sack  
\_\_\_\_ Sleeping pad (Wolf Ridge can provide)  
\_\_\_\_ 2 Water bottles  
\_\_\_\_ Headlamp/small flashlight  
\_\_\_\_ Toiletries; small travel amounts  
\_\_\_\_ Menstrual products  
\_\_\_\_ Sunscreen; SPF 15 or greater  
\_\_\_\_ Insect repellent/head net  
\_\_\_\_ Sunglasses  
\_\_\_\_ Stuff sacks for clothing; plastic bags work

#### **OPTIONAL**

\_\_\_\_ Fishing equipment; rod/reel, tackle  
\_\_\_\_ Journal or book to read  
\_\_\_\_ Small pocket tool (i.e. Swiss Army, Leatherman, etc.)  
\_\_\_\_ Camera  
\_\_\_\_ Binoculars  
\_\_\_\_ Field guides  
\_\_\_\_ Playing cards  
\_\_\_\_ Dice/games  
\_\_\_\_ Canoe paddle (Wolf Ridge can provide)

Close-toed, supportive, sturdy-soled portage shoes are required for portaging canoes and packs over rugged trails and mucky terrain. 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. Also pack a comfortable pair of shoes to wear around camp. These are often referred to as your “dry” shoes.

## **Packing Information & List for Wilderness Trips**

- 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! Bring items that will double for different purposes (i.e. rain gear can double as a windbreaker).

### **Intro to Sea Kayaking**

#### **CLOTHING**

- \_\_\_\_ Paddling shoes; No flip-flops
- \_\_\_\_ Light, comfy in camp shoes
- \_\_\_\_ Raingear; coat/pants or poncho
- \_\_\_\_ 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
- \_\_\_\_ Bandana/Buff
- \_\_\_\_ Lightweight gloves

#### **MISCELLANEOUS**

- \_\_\_\_ Sleeping bag
- \_\_\_\_ Sleeping pad (Wolf Ridge can provide)
- \_\_\_\_ 2 Water bottles
- \_\_\_\_ Headlamp/small flashlight
- \_\_\_\_ Toiletries; small travel amounts
- \_\_\_\_ Menstrual products
- \_\_\_\_ Sunscreen; SPF 15 or greater
- \_\_\_\_ Sunglasses
- \_\_\_\_ Stuff sacks (Wolf Ridge can provide)

#### **OPTIONAL**

- \_\_\_\_ Journal or book to read
- \_\_\_\_ Small pocket tool (i.e. Swiss Army, Leatherman, etc.)
- \_\_\_\_ Camera
- \_\_\_\_ Binoculars
- \_\_\_\_ Field guides
- \_\_\_\_ Playing cards, dice/games
- \_\_\_\_ Wetsuit (Wolf Ridge can provide)
- \_\_\_\_ Kayak paddle (Wolf Ridge can provide)
- \_\_\_\_ Head net/bug net

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 are discouraged, and flip-flops are not allowed for wearing in kayaks.

## **Packing Information & List for Wilderness Trips**

- 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).

### **Isle Royale Backpacking, Girls Rock a Backpack, Intro to Backpacking**

#### **CLOTHING**

- \_\_\_\_\_ Sturdy tennis shoes or hiking shoes
- \_\_\_\_\_ Light, comfy camp shoes; sandals good
- \_\_\_\_\_ Raingear; coat/pants or poncho
- \_\_\_\_\_ Socks- 5-6 pair; wool/synthetic; no cotton
- \_\_\_\_\_ 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
- \_\_\_\_\_ Bandana/ Buff
- \_\_\_\_\_ Warm hat in case of cool nights
- \_\_\_\_\_ Lightweight gloves

#### **MISCELLANEOUS**

- \_\_\_\_\_ Sleeping bag and stuff sack
- \_\_\_\_\_ Sleeping pad (Wolf Ridge can provide)
- \_\_\_\_\_ 2 Water bottles
- \_\_\_\_\_ Headlamp/small flashlight
- \_\_\_\_\_ Toiletries; small travel amounts
- \_\_\_\_\_ Menstrual products
- \_\_\_\_\_ Sunscreen; SPF 15 or greater
- \_\_\_\_\_ Insect repellent/head net
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Stuff sacks for clothing; plastic bags work

#### **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
- \_\_\_\_\_ Playing cards, dice/games

“Break in” your hiking shoes before the trip to prevent and avoid painful and disabling blisters. Wear them around for a couple of weeks. Do not pack cotton socks for hiking; synthetic and wool blend socks are preferred.

## DAY CAMP PACKING LIST

- \_\_\_\_\_ Rain coat and rain pants, or poncho
- \_\_\_\_\_ Sweatshirt or Jacket
- \_\_\_\_\_ Pants (depending upon weather)
- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Good hiking/walking shoes
- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ Bug repellent/head net
- \_\_\_\_\_ Swimsuit & Towel
- \_\_\_\_\_ Backpack to carry personal items
- \_\_\_\_\_ Water shoes
- \_\_\_\_\_ An extra pair of socks
- \_\_\_\_\_ Change of clothing (optional)
- \_\_\_\_\_ Camera (optional)

Daycampers will have a place to store personal items inside the Summit Lodge.