

NWL Equipment List

Comfortable clothes appropriate for the changeable Temagami weather will make all the difference in your experience on trail. Conditions range from cold and wet to hot and sunny, sometimes in the same day. There is no need to buy expensive gear; you may have many of these items already or find them at a second-hand store. Packable layers are key, as are synthetic materials that will keep you warm even when wet. Clothing will see hard use and will be carried with you- inside your dry bag, inside your Duluth, inside your canoe and on portages. **EVERYTHING SHOULD BE LABELED WITH FIRST AND LAST NAME. NWL cannot be responsible for items damaged, lost or left behind.**

- Duffel bag. Everything you bring should fit in this bag, in no particular order. The duffel is to simplify travel from your home to basecamp and make it easier to identify you when you arrive at the airport, bus terminal or in Temagami. It does not go on trail with you, but stays securely behind at basecamp. We will provide a special canoe pack (Duluth) for you to take on trail.
- 55-litre 'dry bag'; this is a waterproof bag that holds all of your clothing and personal gear within the Duluth pack.

A note about clothing: whenever possible please try to bring clothing made from wool, synthetic fibers or polyester blends as opposed to 100% cotton. Synthetic fibers are more durable and keep you warmer when they are wet.

- 1-litre water bottle (durable aluminum, stainless steel or heavy duty plastic- wide-mouth Nalgene ideal)
- Underwear (enough for the duration of your stay, at your discretion. Bathing suits are often worn during the day, underwear at night)
- 2 long underwear tops (long sleeve wool, synthetic fiber or polyester blend. Quick dry, not cotton)
- 1 pair of long underwear bottoms (wool, synthetic or polyester blend. Quick dry, not cotton)
- 1 pair of fleece pants (or other warm, loose fitting, light weight, durable, quick-drying material)
- 1 pair of long quick-dry pants (nylon 'hiking pants' or synthetic 'track pants' are perfect)
- 4 pairs of warm wool socks (or material designed to insulate like wool)
- 2 pairs of shorts (light weight & durable)
- 2 T-shirts (synthetic fiber or polyester blend, limit cotton)
- 1 swimsuit (2-piece preferable for girls)
- 1 hat with brim (sunhat or baseball cap)
- 1 wool or fleece hat/toque
- 2 fleece jackets or pull-overs (one to use as a day-time 'wet fleece' and one night-time 'dry fleece')
- 1 towel (mid-size, synthetic "chamois" type, not giant, cotton beach towel type)
- 1 set of rain gear (jacket **and** pants, no ponchos. Coated or rubberized nylon is fine—expensive/breathable nice, but not necessary)
- 1 pair of 'wet shoes'* (not booties. These shoes will be worn throughout the day while canoeing and portaging on trail. Please bring close-toed shoes that you don't mind getting wet and dirty, but ones that will also give you ample support while portaging—worn, lightweight running/hiking shoes are preferred, try to avoid boots of any kind. Your old sneakers are perfect!)
- 1 pair of 'dry shoes'* (these shoes will be worn at the end of the day and while hiking. They should be comfortable close-toed running shoes or light hiking boots/shoes)

****Tevas, Crocs, Keens or sandals/waterproof shoes of any kind are dangerous on the trail. They will not be accepted as a substitute for trail footwear.***

- 1 pair UV-rated sunglasses (attachment cord recommended)
- Sun block (waterproof SPF 30 lotion recommended)
- Environmentally friendly, travel-size toiletries—don't forget your toothbrush!
- Biodegradable soap (liquid soaps are best. We recommend Dr. Bronners or Camp Suds, available at most outdoor stores)
- Insect repellent—no aerosols please. The most effective insect repellents contain some percentage of DEET.
- 1 cup (metal or durable plastic—insulated is fine but not necessary)
- 1 fork/spoon set
- 1 knife (folding or sheath, simple or multi-tool, 2-3" blade ideal)
- 1 headlamp or flashlight with extra batteries
- 1 compact sleeping bag (mummy-type preferred, rated for 5⁰ C or 40⁰ F with a maximum packed size of 50 x 25 cm)
- 1-2 comfortable basecamp/travel outfits (cotton, jeans, hoodies, sweatshirts/pants etc. are fine. These are clothes you can wear while in basecamp. They will be left behind when you go out on trail and be waiting for you, nice and clean and dry when you return.)
- Personal identification, passport and other travel documents as needed
- Giveaway (for Northern Lights and Northwaters) or Trade Item (for Excalibur and Langskib)

Optional Items

- Money (\$25-50 CAD or USD, for a souvenir or travel snacks. Please send Unaccompanied Minors with cash for return travel fee.)
- Camera- Disposable and/or waterproof recommended (NOT your phone)
- Logbook/journal and pen
- A small/medium sized 'dry bag' or Pelican Case to store frequently used items during the day (camera, sunscreen, bug repellent, etc.)
- Fishing rod and tackle (rod should be carried in a plastic tube)
- A good book or other small hobby/craft items (embroidery floss, beading, etc)
- Compact Therm-A-Rest or sleeping pad and camp/travel pillow

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