

NORTHWATERS & LANGSKIB (NWL) PARTICIPANT PACKING LIST

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NWL provides all the group camping and canoeing equipment required. Individuals are responsible for bringing their personal gear, clothing, and toiletries. There is no need to buy expensive gear; you may have many of these items already or find them at a second-hand store. **PLEASE NOTE: if you are unable to source any of the personal trail gear or clothing/outerwear items below, we will happily lend them to you for the duration of the session.**

Generally speaking, you will bring clothes to take on your canoe trip and clothes to wear in basecamp (and while traveling to/from basecamp). Comfortable, durable clothes appropriate for backcountry travel in the changeable Temagami weather will make all the difference in your experience on trail. Trail clothes will see hard use. Conditions range from cold and wet, to hot and sunny, sometimes on the same day. Packable layers are key, as are synthetic materials that will keep you warm even when wet. You will be swimming often and will also have opportunities to wash your body and clothes occasionally when you make camp for the night.

We will repack your trail clothes (and personal trail gear) the morning you head out on your canoe trip. You will leave your basecamp/travel clothes at basecamp in your duffle bag (which will be stored securely while you are on trail). For trail, participants basically pack one set of clothes/shoes to wear during the day (for portaging, paddling and hiking) and a different set of clothes/shoes for the evenings (for setting up camp, cooking and sleeping). These clothes are referred to as 'wet clothes' (for use while paddling) and 'dry clothes' (for use while in camp). Check out our [How to Pack for a Canoe Trip](#) video here.

PLEASE LABEL YOUR LUGGAGE AND EACH ITEM YOU BRING WITH YOUR FIRST AND LAST NAME. NWL CANNOT BE RESPONSIBLE FOR ITEMS DAMAGED, LOST, OR LEFT BEHIND.

- Duffle Bag** - due to the rugged nature of our basecamps, the duffle is the best way to transport your personal belongings between home and camp (not a wheelee suitcase). Everything you bring to camp should fit in this bag. Your duffle and any valuable or extra items will stay securely behind at basecamp. Please label your duffle bag with your first and last name.

PERSONAL TRAIL GEAR

- Waterproof Dry Bag** - 55 liter (*SeaLine* brand Baja Dry Bag is ideal). Your trail clothing/gear and sleeping bag will get packed in this dry bag. It should not have straps. We provide a canoe pack for you to carry your dry bag in when on trail.
- Day Pack (Small Backpack) or Small Dry Bag** - holds personal items you need to access throughout the day (sunscreen, water bottle, rain gear, warm layer, bug spray etc.). A small 15-20 liter dry bag can work on its own, or act as a day pack liner (to keep items within waterproof). Day pack should be durable, compact, and no larger than 20-30 liter capacity.
- Sleeping Bag** - compact, mummy-type bag rated for 5°C or 40°F with maximum packed size of 50x25cm.
- Sleeping Pad** - compact, closed-cell foam or self-inflating (*Therm-a-Rest* brand is ideal)

- Water Bottle** - 1 liter capacity. Durable aluminum, stainless steel or heavy-duty plastic. (wide mouth *Nalgene* brand is ideal)
- Sunglasses** UV rated. Attachment cord recommended.
- Headlamp** or **Flashlight** with extra batteries.
- Mess Kit** - fork, spoon and cup (Insulated cup with handle is nice, but not necessary)
- Knife** for camp chores/crafts and cooking. Folding or sheath, simple or multi-tool, 2-3" blade ideal.

PERSONAL TRAIL CLOTHING AND OUTERWEAR

- 2 **Long Underwear Tops** - long sleeve wool blend, synthetic fiber or polyester blend. Quick dry, not cotton.
- 2 **Long Underwear Bottoms** - wool blend, synthetic fiber or polyester blend. Quick dry, not cotton.
- 1 pair **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 **Wool Socks** - or material designed to insulate like wool.
- 2 pairs of **Shorts** - lightweight, durable, synthetic fiber or poly-blend, limit cotton.
- 2 **Tee-Shirts** - synthetic fiber or poly-blend, limit cotton.
- 1 (or 2) **Swimsuit(s)** - 2-piece preferable.
- Underwear** - enough for the duration of your stay, at your discretion.
- 1 **Sun Hat** with brim - any lightweight hat to protect from sun.
- 1 **Warm Hat/Toque** - wool or fleece preferred.
- 2 **Fleece Jackets or Pullovers** - one for daytime (can get wet) and one for nighttime (stays dry).
- 1 waterproof **Rain Jacket** - expensive/breathable jackets are nice, not necessary.
- 1 pair of waterproof **Rain Pants** - helpful in the rain and as an insulating layer.
- 1 pair of daytime '**Wet Shoes**' - durable, supportive, secure, FULLY ENCLOSED sneakers or light hikers are best. NO LEATHER, BOOTIES, SANDALS, CROCS or shoes with holes. Worn all day paddling, portaging, and hiking.
- 1 pair of '**Dry Shoes**' - to change into in the afternoon/evening at camp after washing and drying your feet. Should also be lightweight, durable, secure, and fully enclosed. Sneakers are perfect. No leather, crocs, or sandals please.

PERSONAL TOILETRIES/HYGIENE

- Sunblock** - waterproof 30-SPF lotion recommended. No aerosols, please.
- Lip Balm** - with sunscreen Or lotion/balm that is lip friendly. Long days on the water can lead to angry lips.
- Bug Repellent** Non-aerosol - The most effective insect repellents contain some percentage of DEET.
- Toothbrush & Toothpaste** - environmentally friendly, travel size.
- Biodegradable Liquid Soap** - Dr. Bronners or CampSuds type brand.
- Nail Clippers** - short fingernails are essential to avoid skin irritations and infections from scratching.
- Menstrual Products** (if necessary) - whatever products you use at home.
- Personal Health Products** - any product you use at home to keep your hair, skin, eyes, ears and teeth healthy. If you are prone to skin conditions (dryness, irritation, bug bites etc.) bring any over the counter lotion or anti-itch type product that you usually use. Travel sized containers of products will save space and reduce weight. If a product is not suitable for trail (or we carry ample amounts of it in our med kit) you can simply leave it behind for 'basecamp only' use.

MISCELLANEOUS

- 1-2 comfortable **Travel/Basecamp Outfits** - cotton, jeans, shorts, hoodies, sweatshirt/pants are all fine. These are clothes you can wear in basecamp and will stay behind (safe and dry) when you go on your canoe trip. Some folks bring casual dress clothes/summer dresses for celebratory end of session feast and BBQ.
- Pack Towel** Primarily for swimming at basecamp. If taking on trail, bring small chamois-type fabric.
- Giveaway Item** Northwaters/Northern Lights or **Trade Item** Langskib
- Personal Identification** or travel documents (as needed) - will be stored securely at basecamp.
- Camera** (optional) - disposable and/or waterproof recommended- NOT your phone.
- Journal** (optional) - book or other small packable hobby/craft item.
- Fishing Rod/Tackle** (optional) for personal use during down time, rod should be stored in a secure travel tube.
- Money** (optional) - \$25-50 for camp store if your parents aren't coming to the BBQ.
- Phone** (optional) for travel to and from camp – will be safely stored with other valuables at basecamp

PLEASE LEAVE AT HOME

- **NUT PRODUCTS** - For the safety of all, NWL is a nut safe program and facility.
- **SNACKS/CANDY FOR TRAIL** - Personal food is not safe to take on trail.
- **FLAVOR CRYSTALS FOR WATER** - Simple, filtered water is the best for hydrating. Flavor crystals produce micro trash and attract wildlife to personal packs and tents.
- **DRONES** - it is dangerous to fly drones in local air space without authorization (or a license) in the region.