

# Boundary Waters Retreat

## Adventures in Good Company's suggested packing list

In choosing clothing items, consider that for your warmer clothes, wool or synthetic materials are better than cotton as they still hold your heat when wet. Temperatures in Northern Minnesota in June can be unpredictable. Typically it is nice, with temperatures in the 60s and low 70s. But it could be sunny and in the 80s or rainy and in the 40s. This packing list is designed to cover all the variables. We recommend packing your clothing in one large duffel bag or soft-sided suitcase. Pack at least one small carry-on bag with the "bare essentials" for the first night. Please call us if you have any questions about any of the items on this list.

### FOOTWEAR

- \_\_ 1 pair of **closed toe** shoes for canoeing and portaging. (light-weight hiking boots or water shoes like Keens or Solomons – shoes that can get wet and keep you feet protected).
- \_\_ 1 pair of comfortable athletic shoes or hiking boots for wearing around the lodge and hiking
- \_\_ 1 pair boots with a stiff sole for horseback riding (your hiking boots can work for this)
- \_\_ 3 pairs of socks, at least 2 should be non-cotton
- \_\_ 2 lightweight liner socks (like Smartwool), helpful to wear in your shoes for portaging.

### CLOTHING

- \_\_ 2 pairs of comfortable long pants, one should be nylon
- \_\_ 2 pairs of shorts, one should be synthetic
- \_\_ 2 lightweight, light-colored, long-sleeved shirts to protect you from the sun
- \_\_ 2-3 short-sleeved shirts and/or T-shirts (at least one should be a cotton/lycra blend or a synthetic such as a polyester which is quick-drying)
- \_\_ 1 warm jacket, fleece jacket, wool sweater, or sweatshirt
- \_\_ 1 **waterproof** rain parka and rain pants (Gore-Tex, Ultrex, coated nylon)
- \_\_ Underwear / nightwear
- \_\_ Swimsuit
- \_\_ 1 wide-brimmed hat or baseball cap for sun and high fashion!
- \_\_ 1 skirt or casual dress (optional, some women prefer to wear a skirt when going out to dinner)
- \_\_ 1 pair, top and bottom, light weight long underwear (choose a synthetic material like Capilene, polypropylene, Smartwool)
- \_\_ 1 wool or fleece hat and gloves

### TOILETRIES (small everything)

- \_\_ Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- \_\_ Sunscreen and lip protection with sunblock of at least SPF 15
- \_\_ personal "patch kit": Band-Aids, moleskin, small hand sanitizer, ibuprofen, personal medications, if any. **Individuals allergic to insect bites must bring an anaphylactic kit.** Please consult your pharmacist.

### ESSENTIALS

- \_\_ Sunglasses (100% UV protection) w/ retention strap
- \_\_ Insect repellent
- \_\_ Bandanna(s)
- \_\_ 1 daypack large enough to hold your supplies for the day (water, snacks, raingear, etc.)
- \_\_ 1 one-quart water bottle
- \_\_ Camera (extra battery) and film/memory card

### OPTIONAL

- \_\_ Your favorite snack (we will also provide snacks during the day)
- \_\_ Book, notebook, journal, pencil/ pen
- \_\_ wrist watch with an alarm or travel clock
- \_\_ Ear plugs (for a good night's sleep!)
- \_\_ Playing cards
- \_\_ gloves for paddling
- \_\_ Binoculars

