

ADDITIONAL NOTES ON EQUIPMENT FOR BOUNDARY WATERS RETREAT

CLOTHING: Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. For October you can use long underwear as your base layer, your sun shirt as a second layer, and your vest as a third layer. If it gets cold you can use your rain gear, warm hat and/or gloves as needed.

You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, Polartec and Gore-Tex. In addition, there are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to natural fibers—thus, they continue to provide warmth when wet. Also, they tend to be lighter and less bulky than natural fibers. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics, but if you prefer not to spend the money, wool is a very good substitute. Cotton is not! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**

RAIN GEAR: This could be your most treasured clothing. We recommend a waterproof/breathable fabric (such as Gore-Tex, HellyTech, Ultrex, Membrane, etc.). The advantage to having a waterproof/breathable rainsuit is that as you paddle and work up a sweat, your body's moisture is able to escape through the fabric to the outside. This will keep you much drier than a non-breathable rainsuit (vinyl, nylon). If your rain gear is breathable it can double as your wind proof layer. We do not recommend a poncho because it flies about in the wind. If you have rain pants, either breathable or vinyl, please bring them.

SHOES/BOOTS: Bring shoes or boots that can get wet and muddy and will stay on your feet, such as lightweight L.L. Bean Hunting boots, Solomon or Keen water shoes, or athletic shoes. Teva sandals are OK for wear around the Lodge but we do not recommend any open-toed shoe for portaging or getting in and out of a canoe. Old shoes with worn soles are dangerous because they slip off the rocks. Aqua socks work well for getting in and out of the canoe, but do not work well for portaging because they do not provide enough support.

BRINGING YOUR CAMERA ON A CANOE TRIP: Camera shops have inflatable bags that are waterproof, float, and cushion your camera against bumps; Phoenix, Basic Designs and manufacturers of whitewater equipment make inflatable camera bags.

FISHING: A convenient fishing rod for a canoe trip is an inexpensive telescoping one with a spin-casting reel which is accessible, easy to portage, and less likely to get stepped on. If you haven't fished before, here's an idea of a few starter lures and other needed gear: Swivels, steel leaders, and sinkers of varying sizes; one or two bobbers for still fishing; some inexpensive red and white spoons for trolling; lightweight monofilament line (4-8# test is plenty heavy); a few hooks, different sizes, with or without nylon leaders (for use with still-fishing with night crawlers, leeches, and minnows); Mepps spinners, Rapala fake minnows, little jigs for panfish, bigger ones for walleyes; or whatever other artificials are currently recommended for walleye, pike, bass, and panfish.. Having your own fillet knife is a good idea as well. And don't forget you'll need a fishing license.

Items on your packing list can be purchased through a number of outdoor outfitters. Here are three companies that offer mail order service and have internet "stores" (often with special deals):

Recreational Equip. Inc (REI)
800-426-4840
www.rei.com

Eastern Mountain Sports (EMS)
603-924-7231
www.ems.com

Sierra Trading Post
800-713-4534
www.SierraTradingPost.com

We have links to REI and Sierra Trading Post on our website on the affiliates page of our Resources section. You may also want to visit your local Army/Navy surplus store and thrift stores such as Goodwill and the Salvation Army.